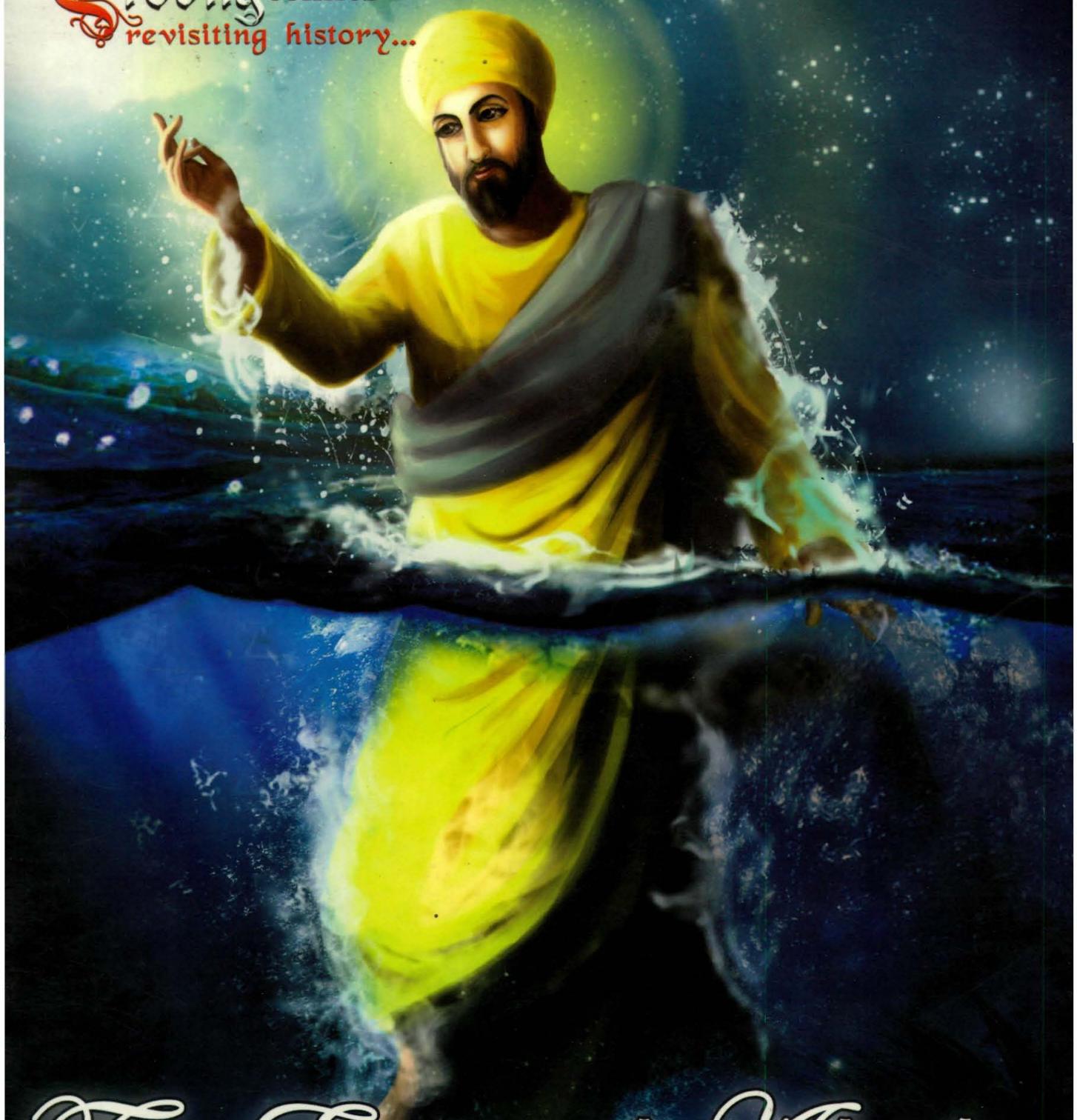


VOL.3

robilly comics
revisiting history...



The Eternal Abode

Guru Nanak Dev ji

OUR MISSION

Most of us remember growing up with our grandparents telling us sakhis (epic stories) and asking questions in the end to earn our reward – chocolates (the real motivation for children).

Today it's a diminishing culture because we are left with little time to enjoy such simple moments of life. Simple as they may be but are very essential for child's moral fibre and character building. These sakhis are food for the soul, nourishes it, but children are being deprived of it.

Our aim is to provide a medium through which Sikhs can connect to their roots. And not just Sikhs anyone who is interested in history and spiritual life ...

Colorful and graphical presentation will keep children interested and make them read it keenly and learn. Our aim is to stimulate learning and impart knowledge which is eternal and is missing from schools curriculum.

This we hope to achieve through series of books to be published and providing a discussion forum for our readers, answering their queries through scholars, who are more than willing to help us in the cause. We have ample support from various organizations, eminent individuals, Gurdwaras and social organizations. Now we seek your support readers. All we need is active participation through reading and discussion and encouraging others to do the same.

Our mission is to educate, learn and keep the faith alive. We hope to achieve it with your support!

Fateh!

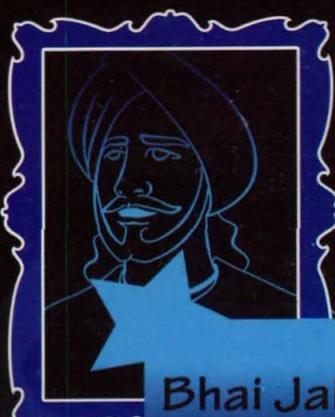
NEW CHARACTERS INTRODUCED



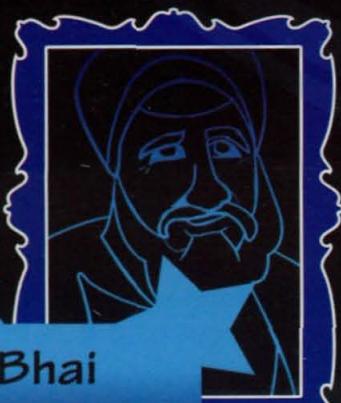
Bhagirath

Bhagirath was a religious man who believed in idol worshiping. He became a disciple of Guru Nanak and adopted his philosophy of One God and gave up superstitious practices.

He was married to Guru Nanak's sister Bibi Nanki. He was a generous and warm person and treated Guru Nanak with great respect. He was a revenue collector in Nawab Daulat Khan's court in Sultanpur Lodhi. He helped Guru Nanak to get a job as a store keeper.



Bhai Jairam



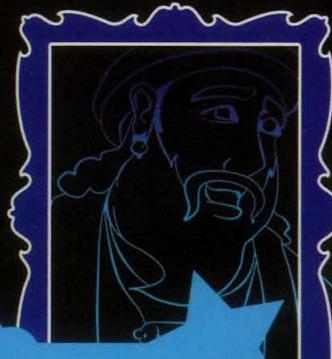
Bhai
Mardana

Bhai Mardana was the follower and long time companion of Guru Nanak Dev Ji. Mardana was a Muslim born to a Mirasi couple, Badra and Lakkho, of Rai Bhoi di Talwandi, now Nankana Sahib in Pakistan. He was 10 years elder to Guru Nanak. He accompanied Guru Ji in all of his journeys across the world. Guru would sing hymns and he would play rebeck or rabab spreading the message of God and love.



Mool Chand

Mool Chand was the father of Mata Sulakhni and the father-in-law of Guru Nanak. He was a Chona Khatri, resident of Batala, who looked after the lands of the Randhava Jatts of the village of Pakkhoko in present-day Gurdaspur district of Punjab. He was married to Mata Chando Rani.



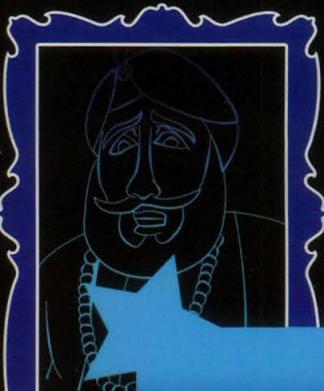
Mansukh

Bhai Mansukh was a merchant from Lahore who heard about Guru Nanak from Bhai Bhagirath and like him became his disciple. He helped spread the messages of Guru Nanak far and wide wherever he travelled for trade.

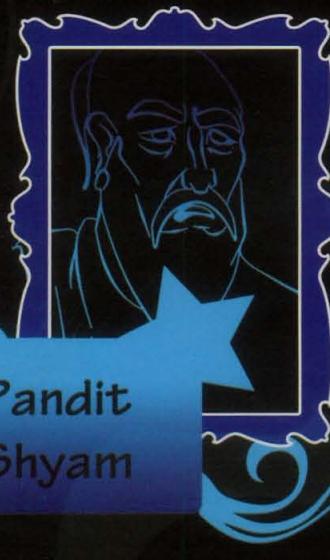


Pandit Shyam

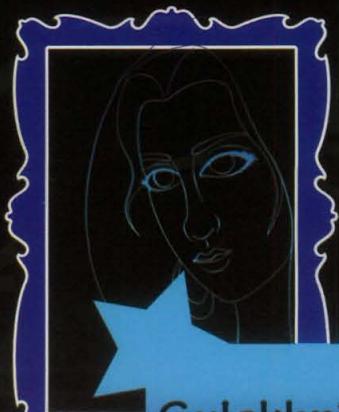
When Guru Nanak went into meditation, leaving his job and home for greater purpose Mool Chand approached Pandit Shyam. He sought his help to explain Guru Nanak to come back home and cure him from his madness. But instead Pandit fell at Guru's feet asking to bless him with wisdom.



Nawab



Sulakhni Devi was the wife of Guru Nanak Dev Ji. She was a Brahmin by caste, daughter of Mool Chand and Chando Rani of Randhawa village. She gave birth to two boys Sri Chand and Lakhmi Das.



Sulakhni Devi

Flash Back



the story continues...

The Eternal Abode

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..years passed. And it was now time for Baba Nanak's elder sister Bibi Nanki to get married

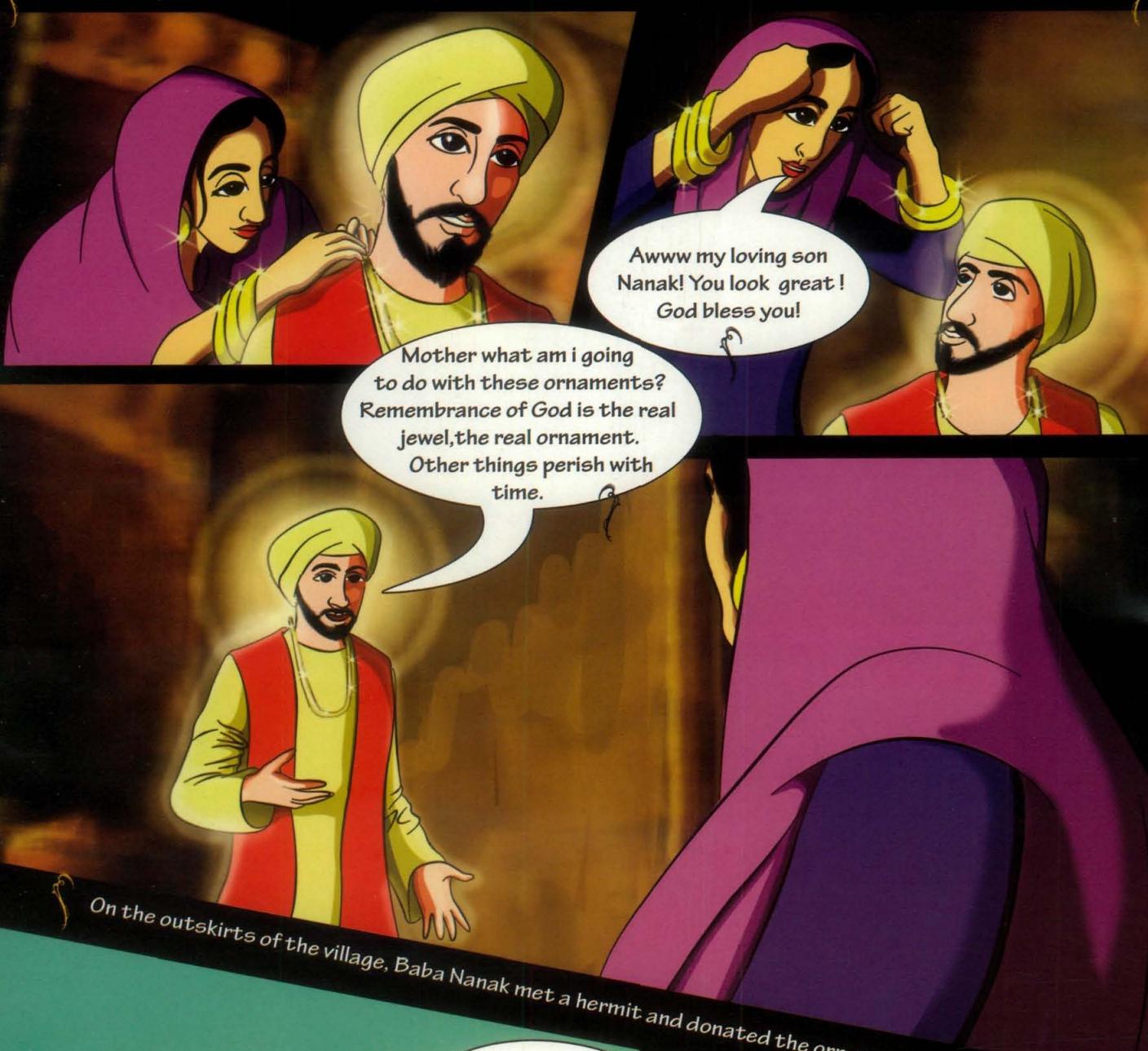


The groom - Jai Ram, son of a respected man Parmanand, was a minister in Nawab Daulat Khan's administration at Sultanpur.

The wedding ceremony was **solemnised** with traditional celebrations.



Mata Tripta made Baba Nanak wear gold ornaments as part of the celebrations and gifted him a vessel.



On the outskirts of the village, Baba Nanak met a hermit and donated the ornaments and the vessel.

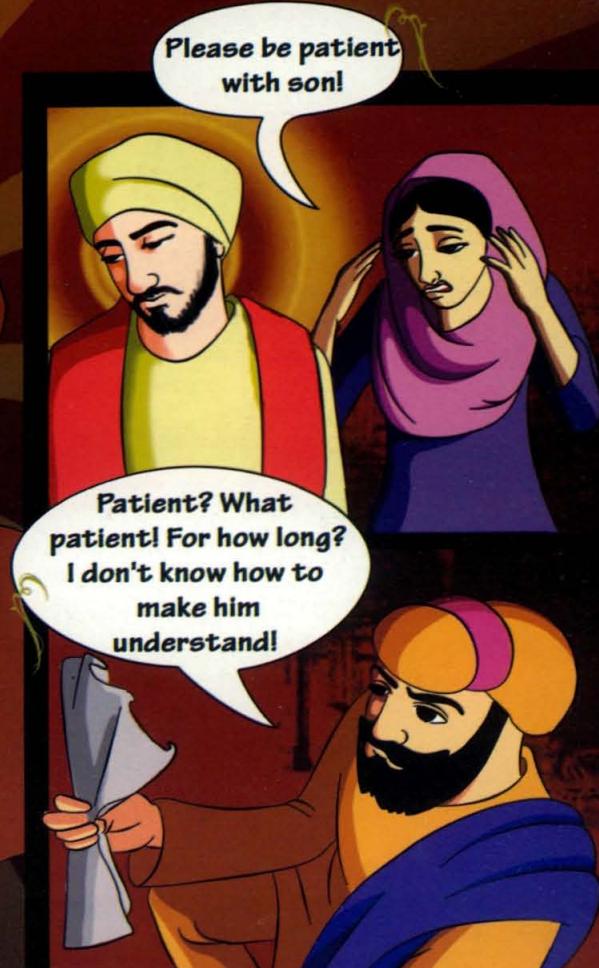




...and you gave 'em away?
Where are they, I ask you? Tell
me honestly, I am sure you gave
them away! This time I am not
going to spare you! Enough is
enough!



How are you going to
live your life if you go on with
these **philanthropic** ways of
yours? You are going to **squander**
everything away!

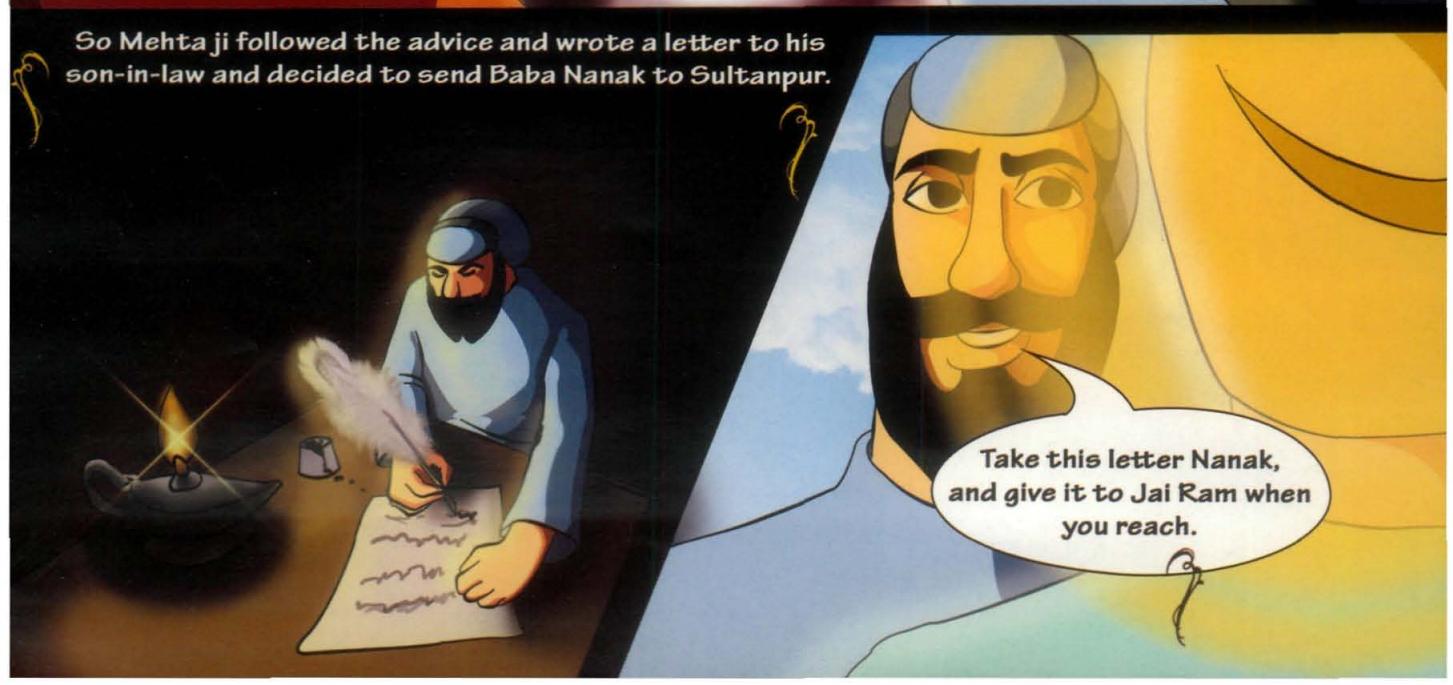


Mehta Kalu ji went to Rai Bular complaining angrily...



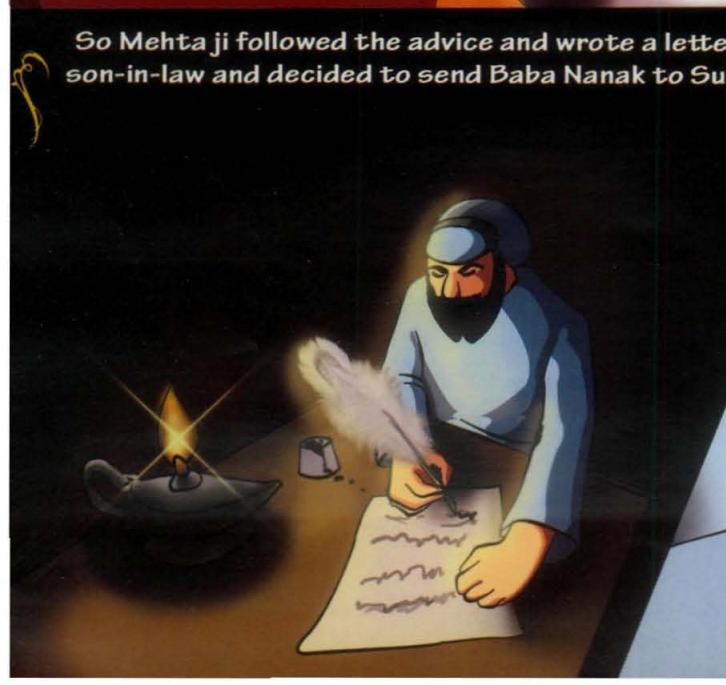
Mehta ji, your son
is very wise and brilliant.
You don't realise it,
but I know this.

I don't know what to do with him.
He's going to give everything away if he
carries on like this. Hermits are his
only company! And he remains silent
and **aloof** all the time and gives
everything away.

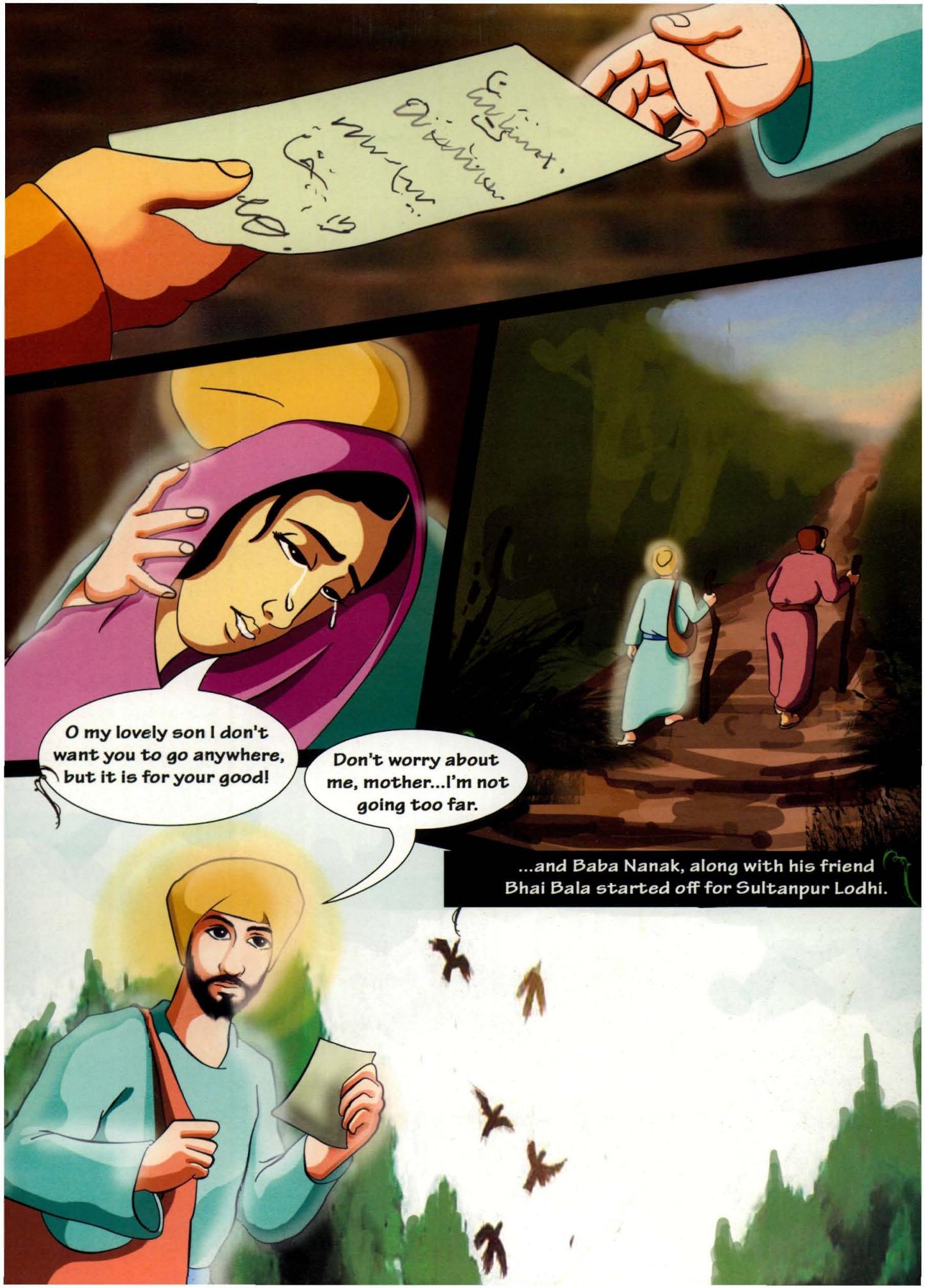


I have great regard for him.
Don't complain about him. Why
don't you send him to Sultanpur, to
your son-in-law. There he might get
interested in business.

So Mehta ji followed the advice and wrote a letter to his son-in-law and decided to send Baba Nanak to Sultanpur.



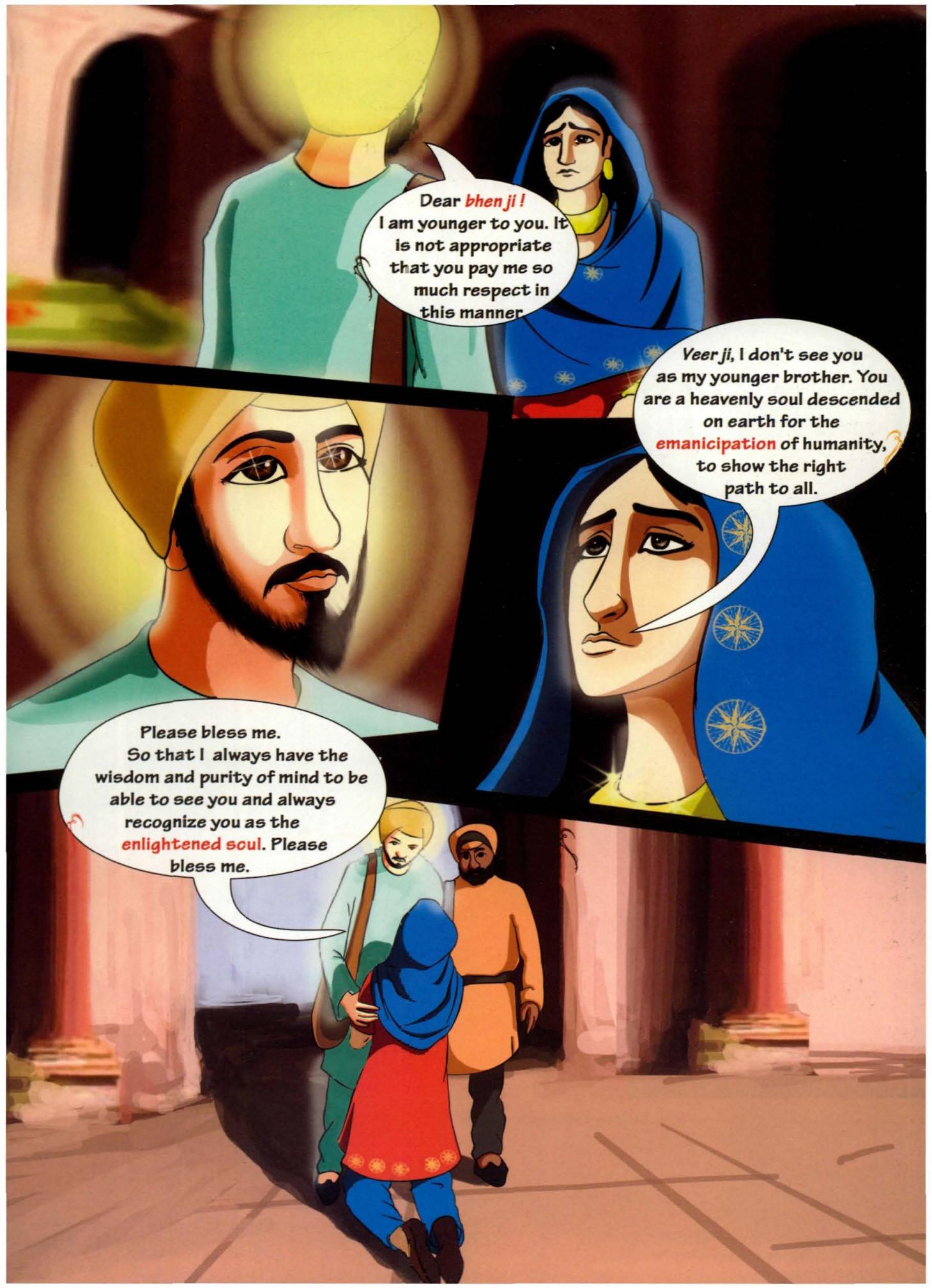
Take this letter Nanak,
and give it to Jai Ram when
you reach.



Nanak veer ji!

Nanak Veer ji!
I was missing you and
longing for your
darshan veer ji!

So blessed I am to
have you as my brother !



Dear *bhenji*!

I am younger to you. It is not appropriate that you pay me so much respect in this manner

Veerji, I don't see you as my younger brother. You are a heavenly soul descended on earth for the **emanicipation** of humanity, to show the right path to all.

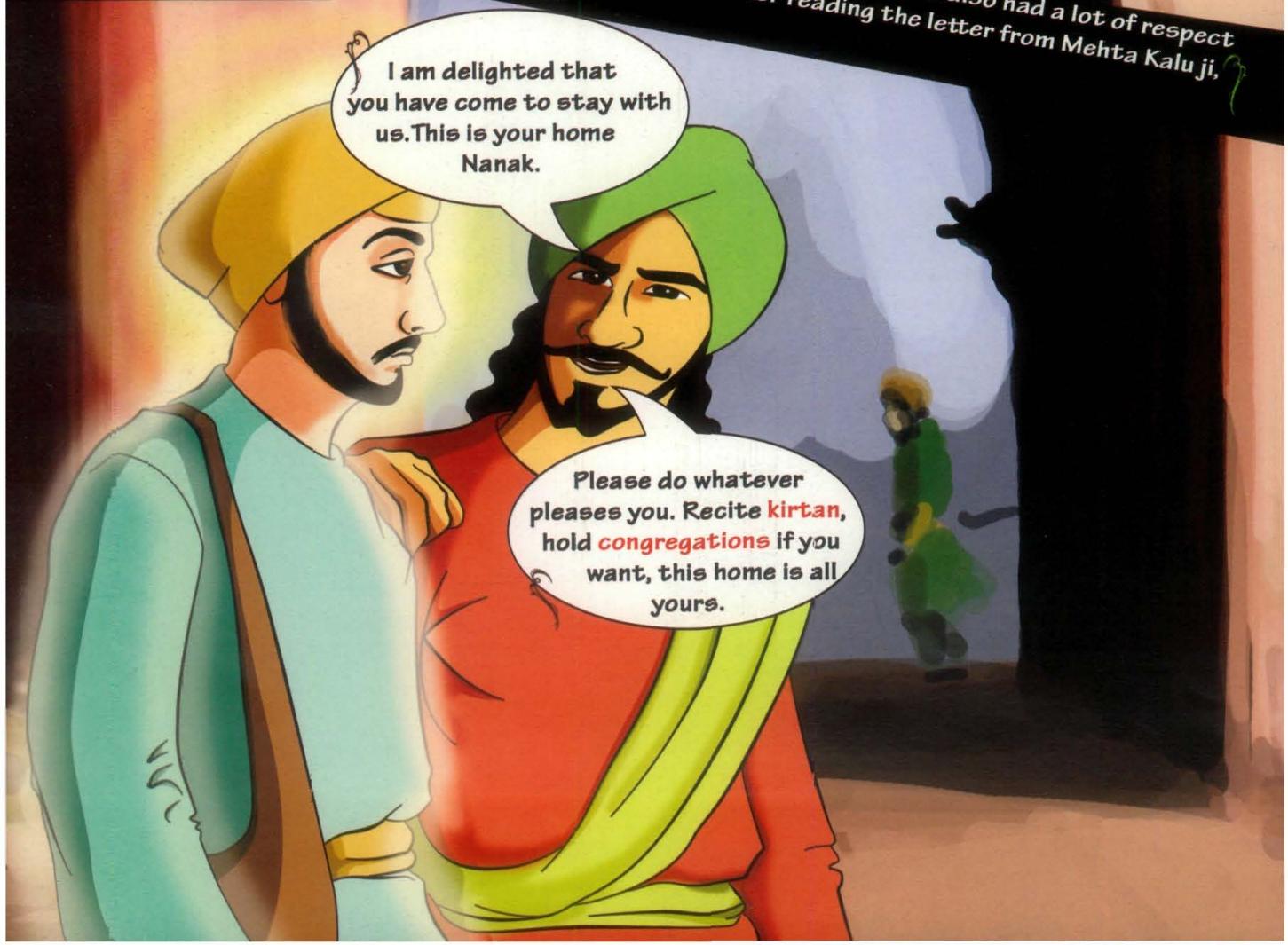
Please bless me.

So that I always have the wisdom and purity of mind to be able to see you and always recognize you as the enlightened soul. Please bless me.



Dear bhen ji! You are my elder sister. It is only your purity of mind and your modesty that you think like this.

In the meanwhile, Jai Ram came. Like Bibi Nanaki, he also had a lot of respect and admiration for Baba Nanak. After reading the letter from Mehta Kalu ji, he was very pleased.



I am delighted that you have come to stay with us. This is your home Nanak.

Please do whatever pleases you. Recite kirtan, hold congregations if you want, this home is all yours.



Modi Khana was a big store where farmers used to deposit part of the produce as tax. Store-keeper's duty was to send the accumulated grain to the army-kitchen, sell the surplus and deposit the earnings in government treasury.



Soon Baba Nanak began his work at Sultanpur, he would take bath in Veiyeen river every morning at dawn singing praises of the Lord followed by his routine at the Modi Khana.



At Modi Khana, Baba Nanak was always fair in his dealings. He would give more, help the needy and weigh in excess. Everyone was very happy with his generous dealings.



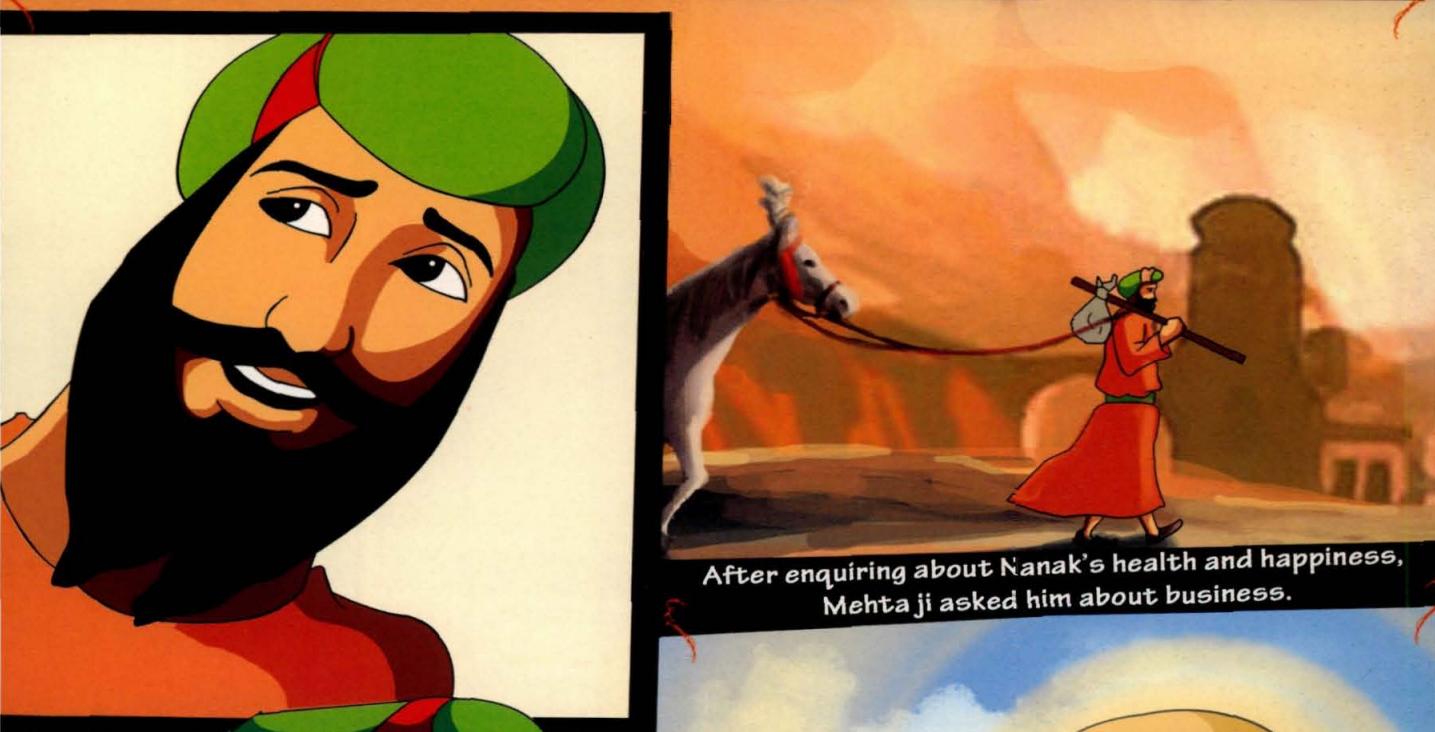
Have you been to the Modi Khana off late? The new person there, Baba Nanak is very kind and generous!

Oh yes! he gave me some commodities for free when I needed, very nice person indeed!

Business started soaring. Long queues of people outside the Modi Khana became a common sight. Through word of mouth, the popularity of the store reached far and wide.



The news reached Talwandi soon, and to Mehta Kalu ji, he was happy to hear that his son was doing very well and working hard. Without delay, he set out to Sultanpur, to meet Nanak.



After enquiring about Nanak's health and happiness, Mehta ji asked him about business.



Baba Nanak had saved no money. Whatever he earned, he would distribute it amongst the needy.

Realizing that son Nanak wouldn't give up his generosity , he left to meet daughter and son-in-law hoping they can explain Nanak.

I met Nanak. He is not saving anything for his future. I tried, but you two also keep on advising him about saving his earnings. Now I must leave.

Please don't worry about him. We'll take care.

After meeting everyone Mehta Kalu went back to Talwandi

It is Nanak's money actually and that too he is helping others with it and not doing anything wrong with it. But I shall try talking to him once.

One day a slanderer came to Jairam and started maligning Guru Nanak. He told Jairam that Guru Nanak was distributing ration for free and store will go empty soon.

"Treasury will go bankrupt soon if Guru Nanak keeps on helping others with state's goods. You will be answerable to Nawab, you are the one who referred him for the job."

Oh God ! Nawab is a strict man, if all this is true it will create a trouble for everyone I must talk to Nanak about it.



When Jairam enquired about business from Baba Nanak, he understood Jairam's concerns.

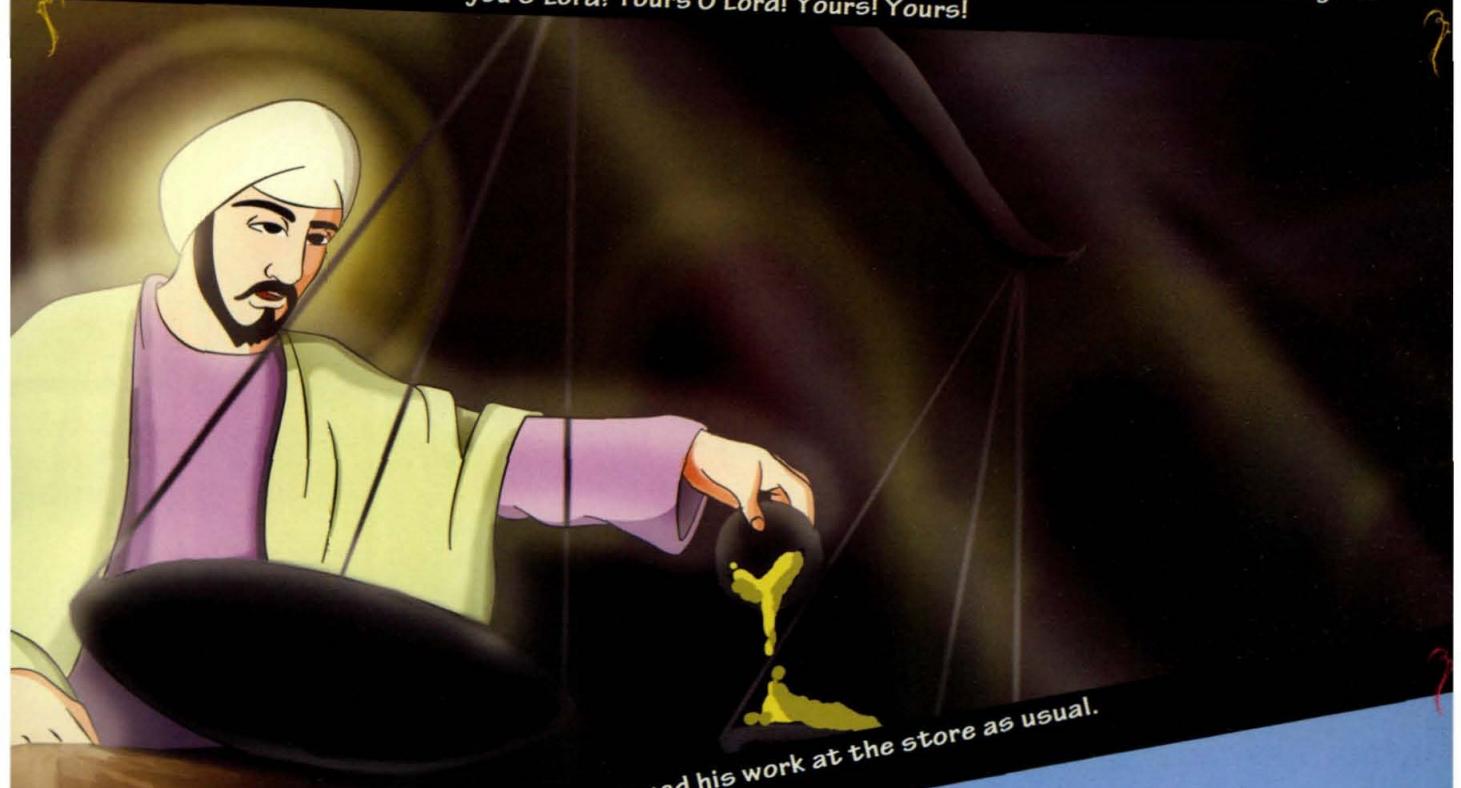


Auditing was done by Nawab's accountants. It was concluded that the store was in profit and Nawab owed some money to Baba Nanak.

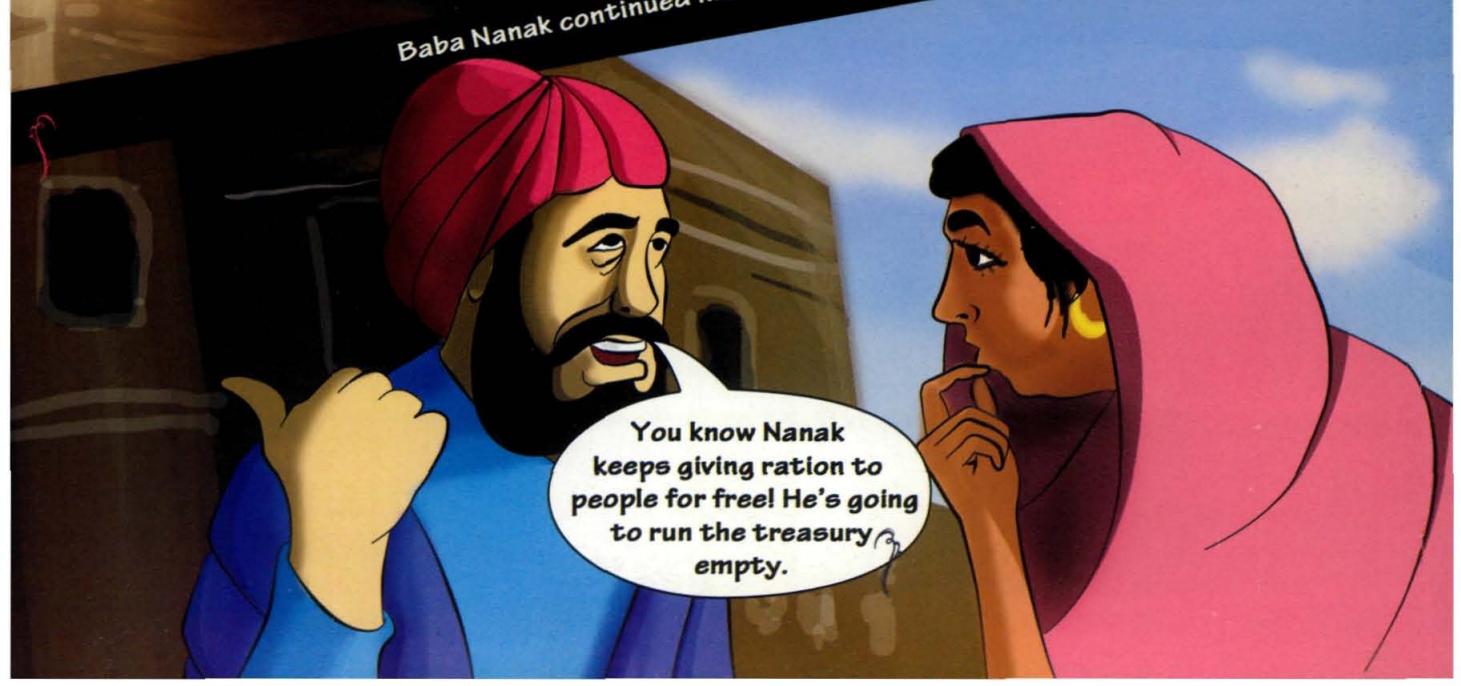




Baba Nanak kept on helping the poor and the needy, remembering Lord's Name all the time - all belongs to you O Lord! Yours O Lord! Yours! Yours!



Baba Nanak continued his work at the store as usual.



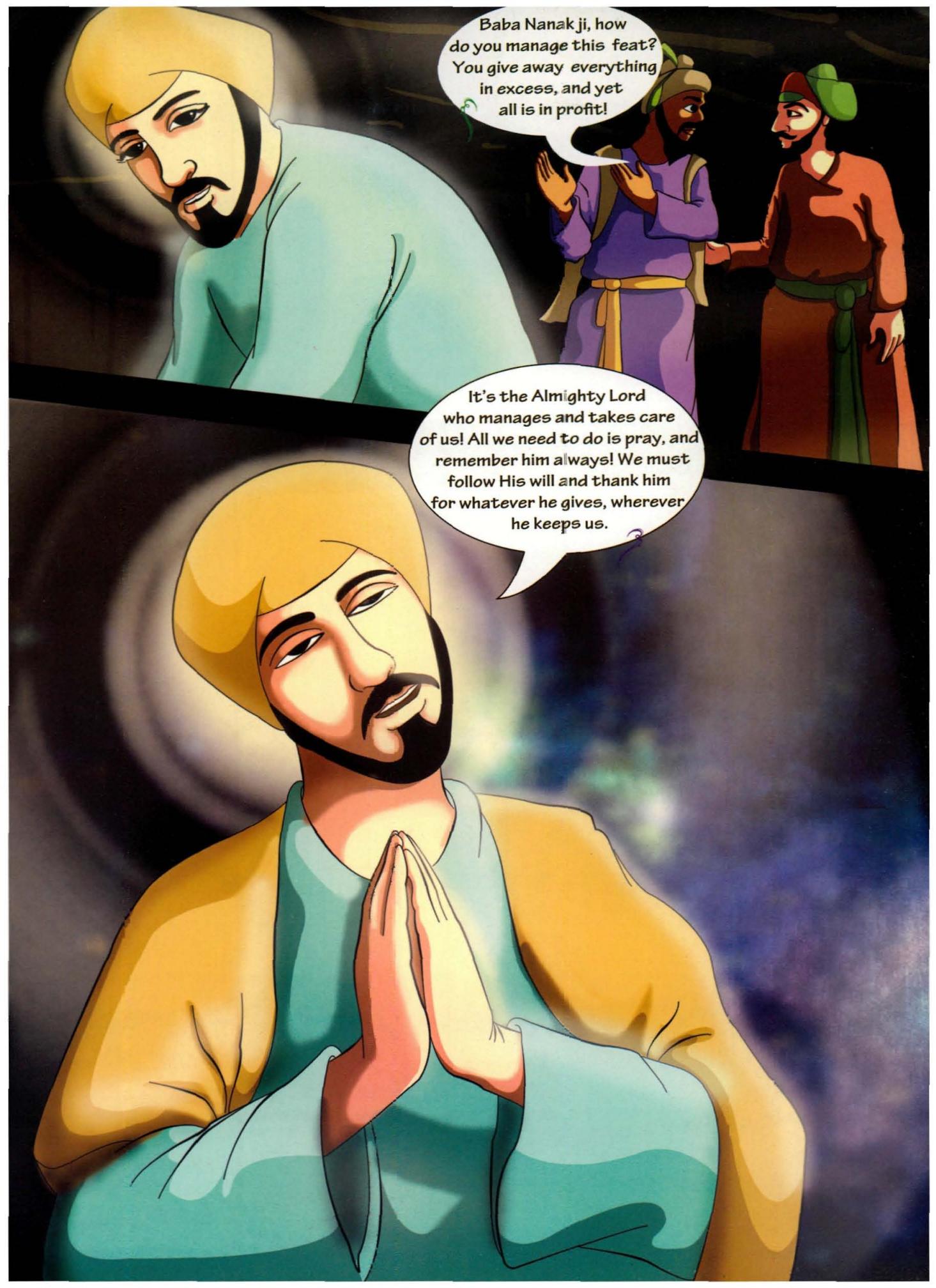
Baba Nanak kept working at the store in the same generous manner. Every time accounting was done, the store was in profit and the Nawab always owed money to Baba Nanak.



It's amazing how Baba Nanak manages to keep the store in profits despite such generous offerings and philanthropic work by him. Amazing!

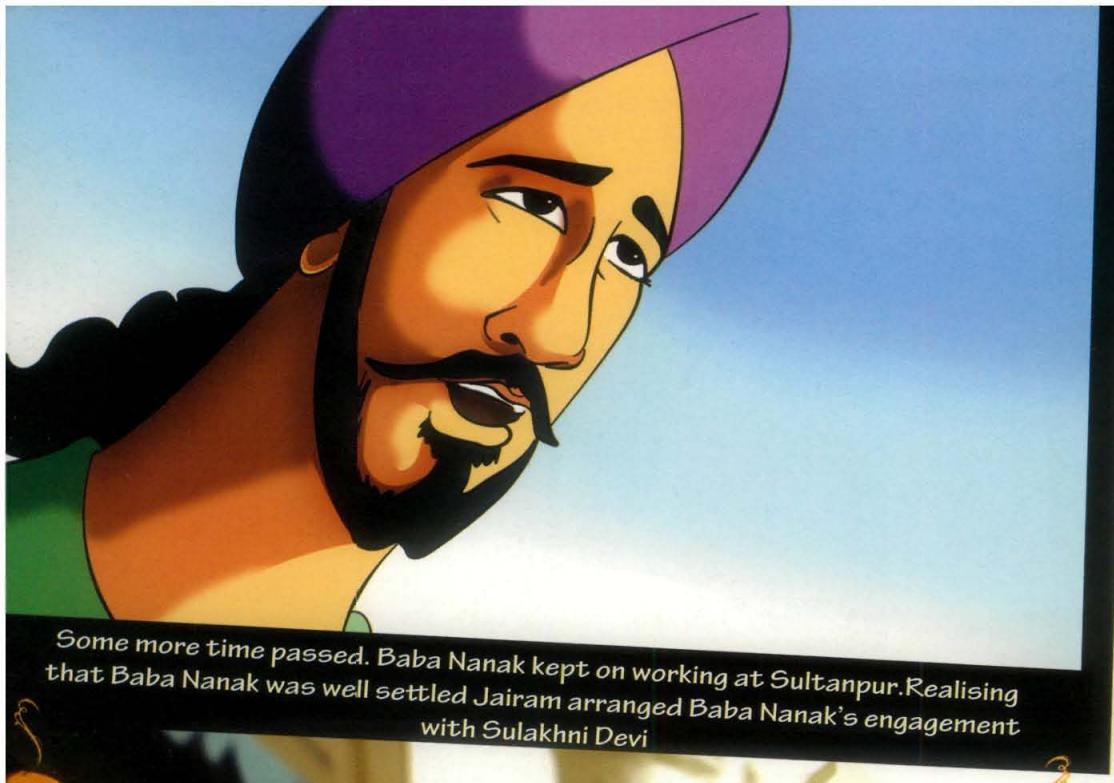


Everyone, including the Nawab and the people were happy with Nanak's honest and generous dealing.

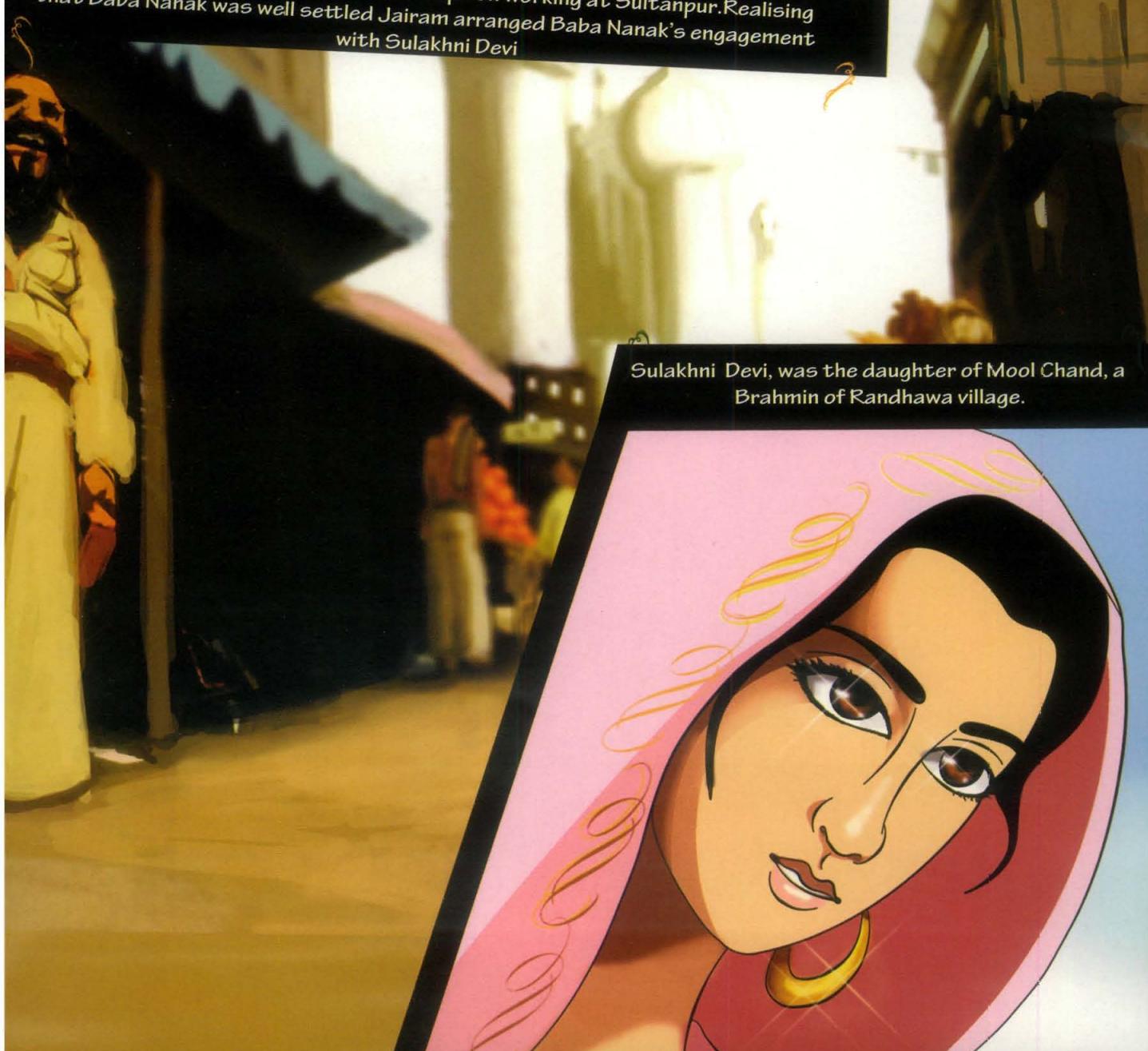


Baba Nanak ji, how
do you manage this feat?
You give away everything
in excess, and yet
all is in profit!

It's the Almighty Lord
who manages and takes care
of us! All we need to do is pray, and
remember him always! We must
follow His will and thank him
for whatever he gives, wherever
he keeps us.



Some more time passed. Baba Nanak kept on working at Sultanpur. Realising that Baba Nanak was well settled Jairam arranged Baba Nanak's engagement with Sulakhni Devi



Sulakhni Devi, was the daughter of Mool Chand, a Brahmin of Randhawa village.

News about Baba Nanak's engagement with Sulakhni Devi was sent to Talwandi.

As soon as Mehta Kalu ji received the letter of fixing of son Nanak's engagement, his happiness knew no bounds! He immediately ran to Mata Triptaji and then to Rai Bular to share the happy news.



Alms and sweets were given out to poor in the village to celebrate the good news.



All the relatives were informed and they **congregated** without delay to celebrate the happy occasion.



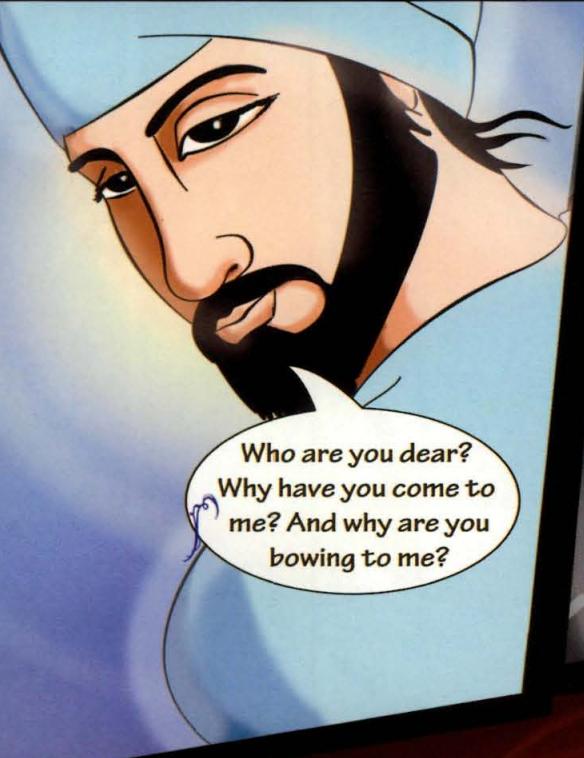
All members of the family, relatives and friends reached Sultanpur for the engagement ceremony. The rituals were performed and it was decided that marriage shall take place within a year.



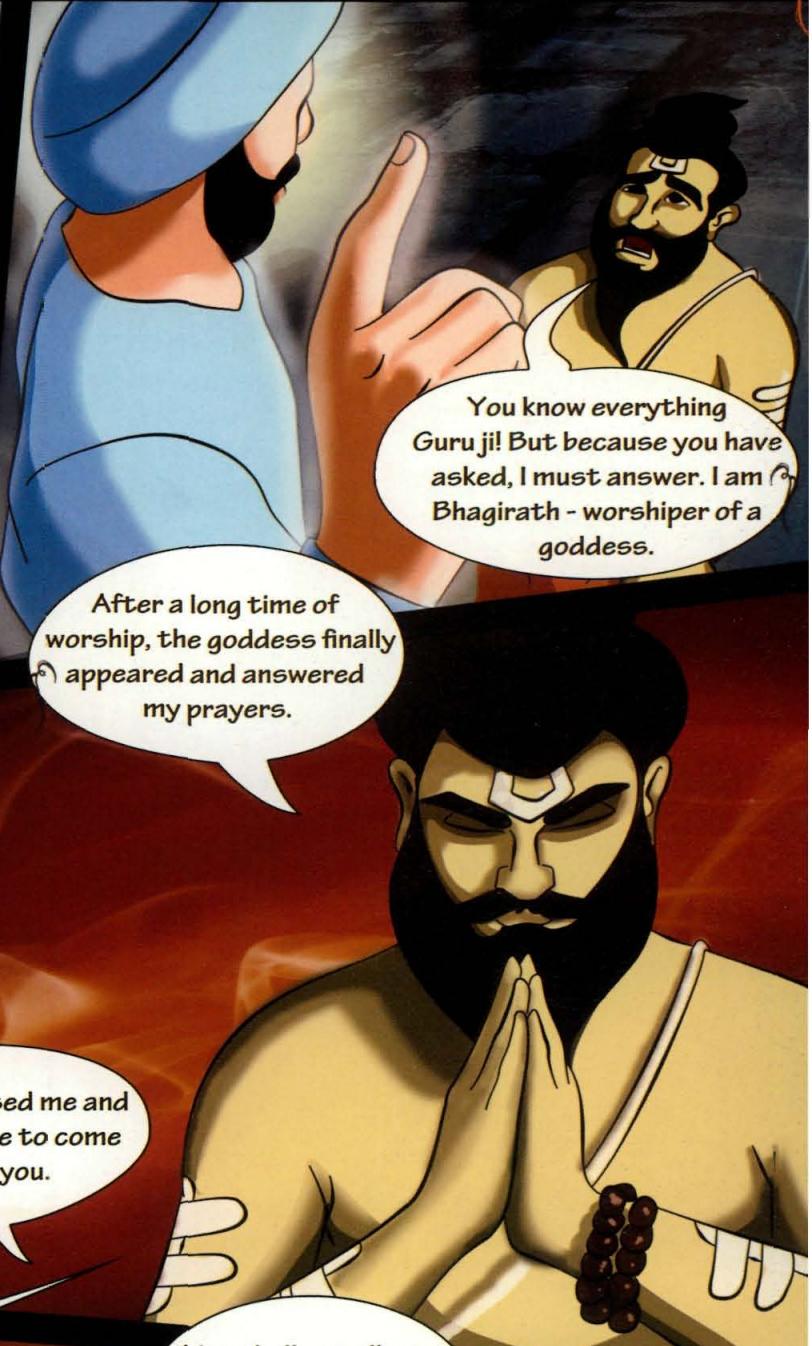
A year passed with Baba Nanak working at the store and wedding was celebrated with all the pomp and ceremony. Another year passed, and a son was born to Baba Nanak and Sulakhni Devi.

He was named Sri Chand.

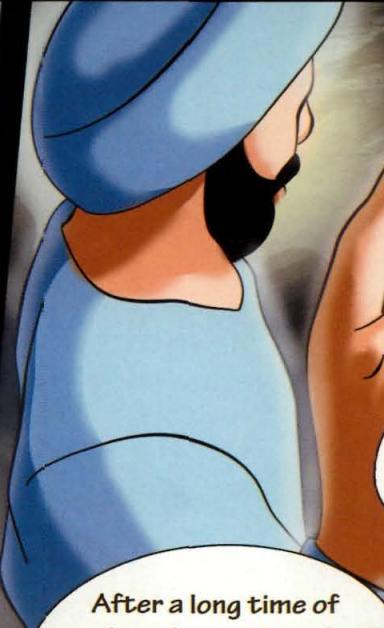
One day Guru Nanak was working as usual when a man came and bowed at his feet.



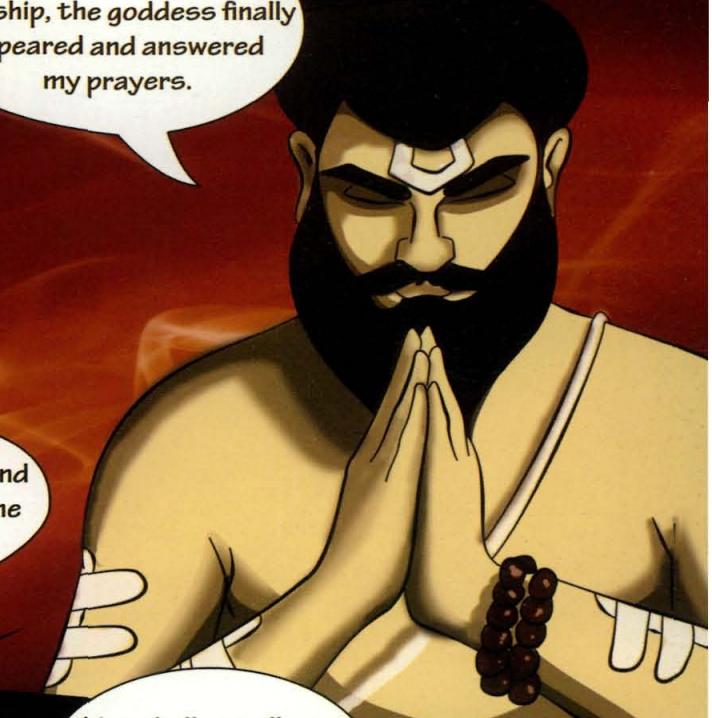
Who are you dear?
Why have you come to
me? And why are you
bowing to me?



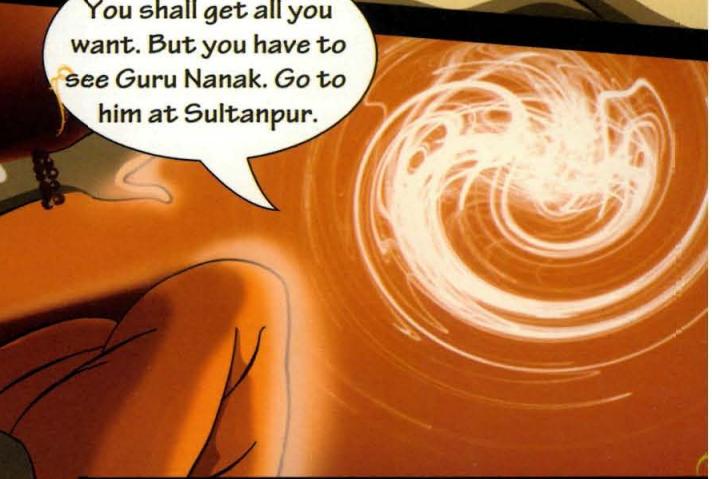
After a long time of
worship, the goddess finally
appeared and answered
my prayers.



You know everything
Guru ji! But because you have
asked, I must answer. I am
Bhagirath - worshiper of a
goddess.



O Dispeller of darkness,
you have descended on the earth
to preach mankind and save this
world. Please take me into
your service.



You shall get all you
want. But you have to
see Guru Nanak. Go to
him at Sultanpur.

Guru Nanak was impressed by his devotion, and
accepted his request.

From then on, Bhai Bhagirath became a devout follower and started serving Guru Nanak with **utmost** devotion.



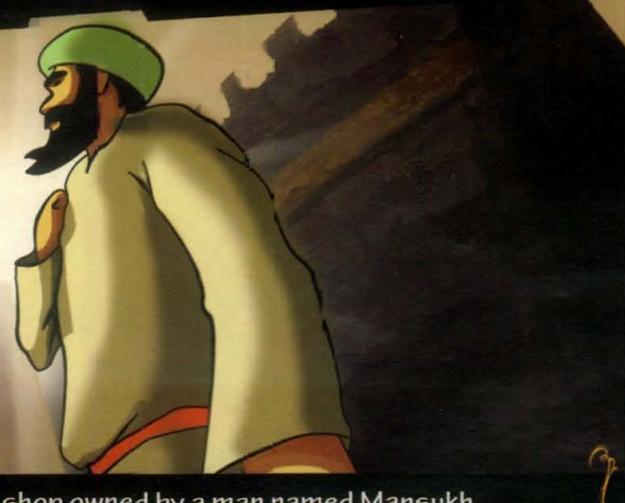
Bhai Bhagirath,
Mardana has come. He
needs help regarding his
daughter's wedding.

One day Bhai Mardana came to see
Guru Nanak.

Note all his needs.
go to Lahore and get
everything. Stay there for
one night only and then
come back.



Bhai Bhagirath noted all the things Mardana needed, and left for Lahore with the required money.



It was evening when he reached Lahore and went to a shop owned by a man named Mansukh.



Here is the list of things Bhai Mansukh. Please arrange for them as soon as possible.

Fine. you go and take rest for the night. Collect everything tomorrow morning. You will get the wedding bangles in a few days as these require more time to be prepared.

A FEW DAYS???!!!
Why! what happened?
No I cannot stay.
I have to be back tomorrow !



Why? Why?
What is so urgent?!

My Guru told me to stay only one night. I cannot disobey the Guru and let my life go wasted.

LIFE GO WASTED!!! Disobeying your Guru would WASTE your LIFE???

Who's such a Guru that disobeying him wastes your LIFE?

Guru Nanak!

Once you meet him, you'll understand that budging from Guru's words wastes your life.

Really? Is the Guru like that? I want to see him. If he is the way you describe him, then I will also become his **devotee** like you.

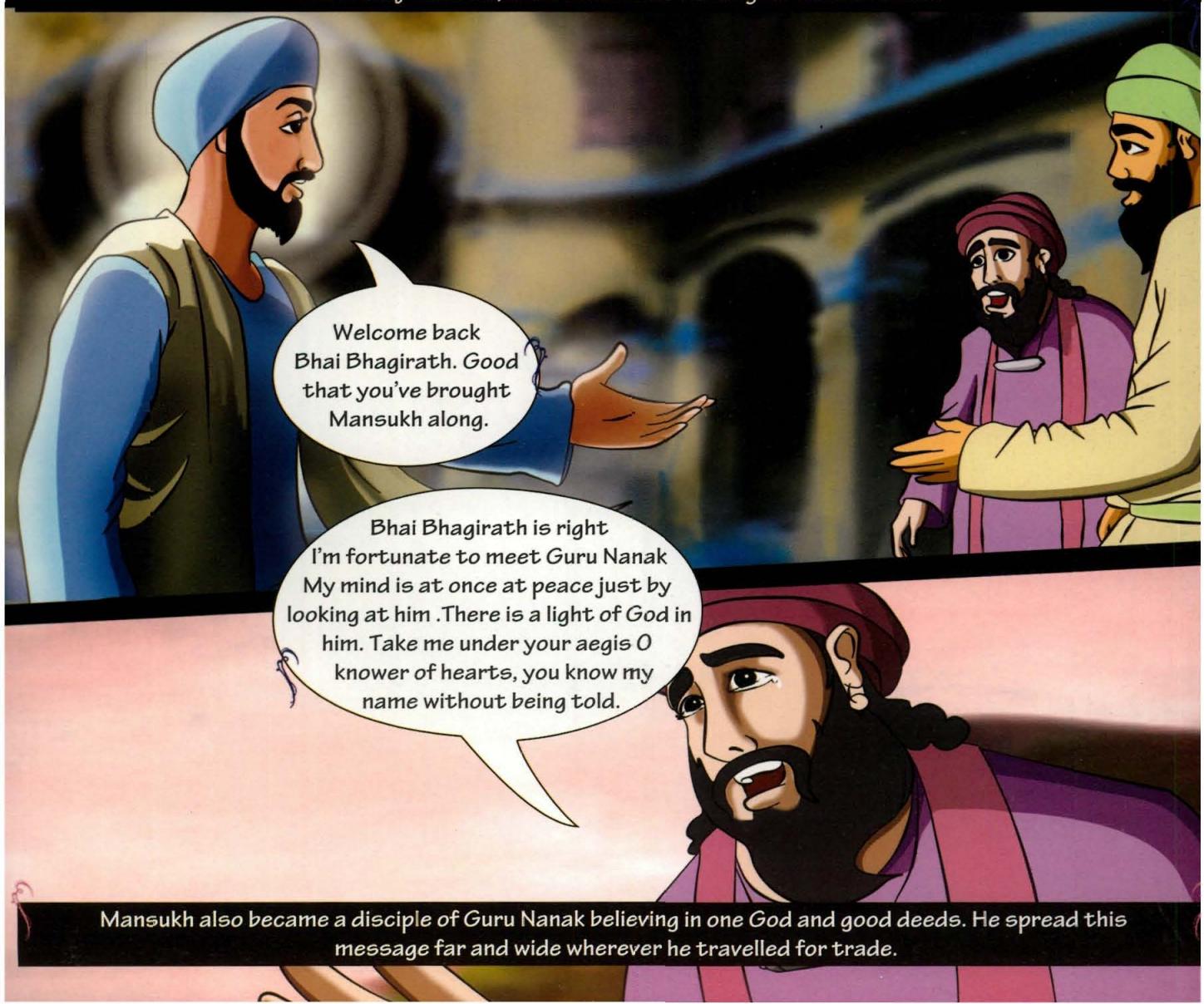
Let me arrange for all the required things by tonight, then I'll come along with you in the morning.

Great! That's the best thing anyone can do to oneself - coming under the **aegis** of the true Guru.

The next morning saw them moving to Sultanpur.

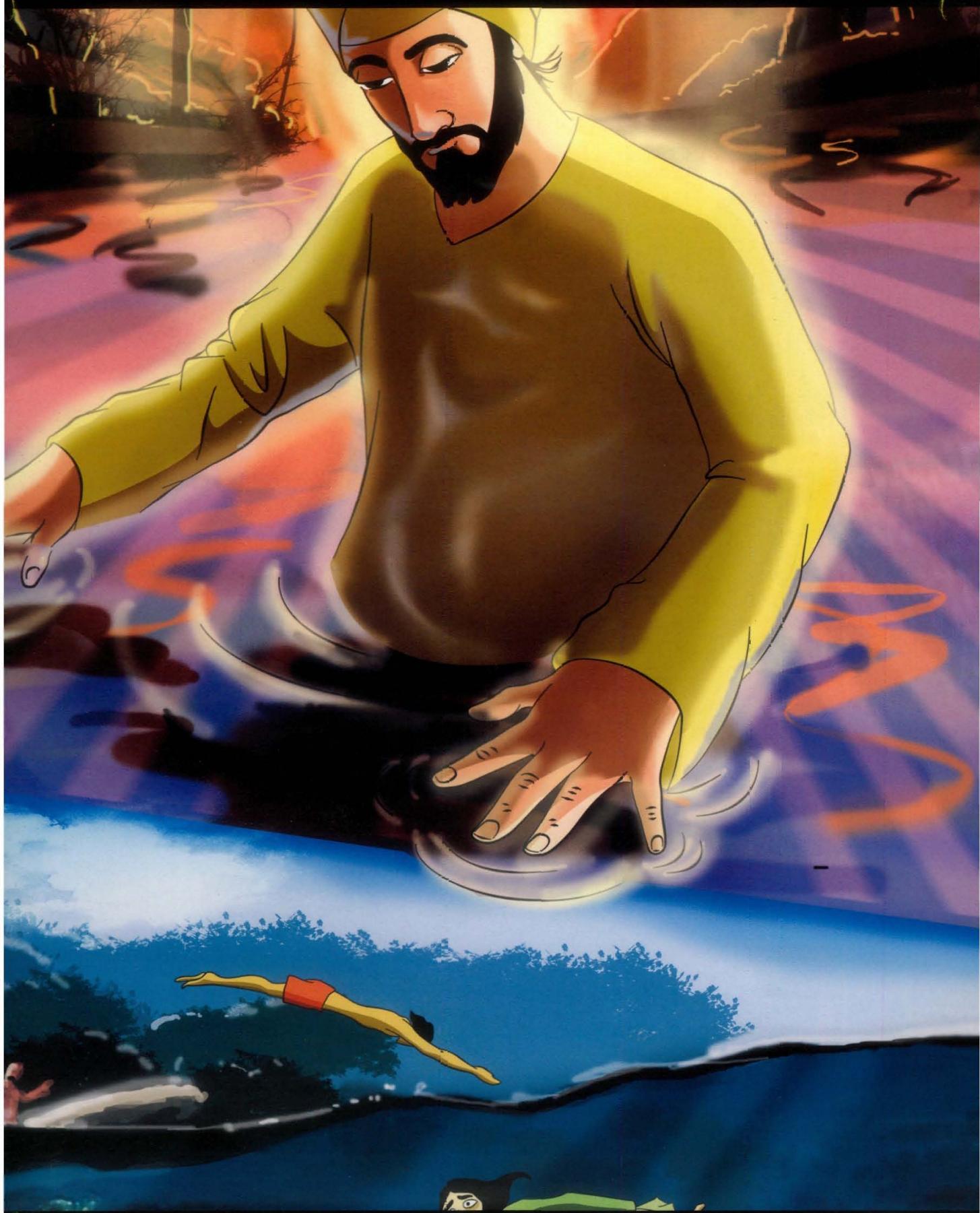


When they reached, Guru Nanak was waiting for both of them.



Mansukh also became a disciple of Guru Nanak believing in one God and good deeds. He spread this message far and wide wherever he travelled for trade.

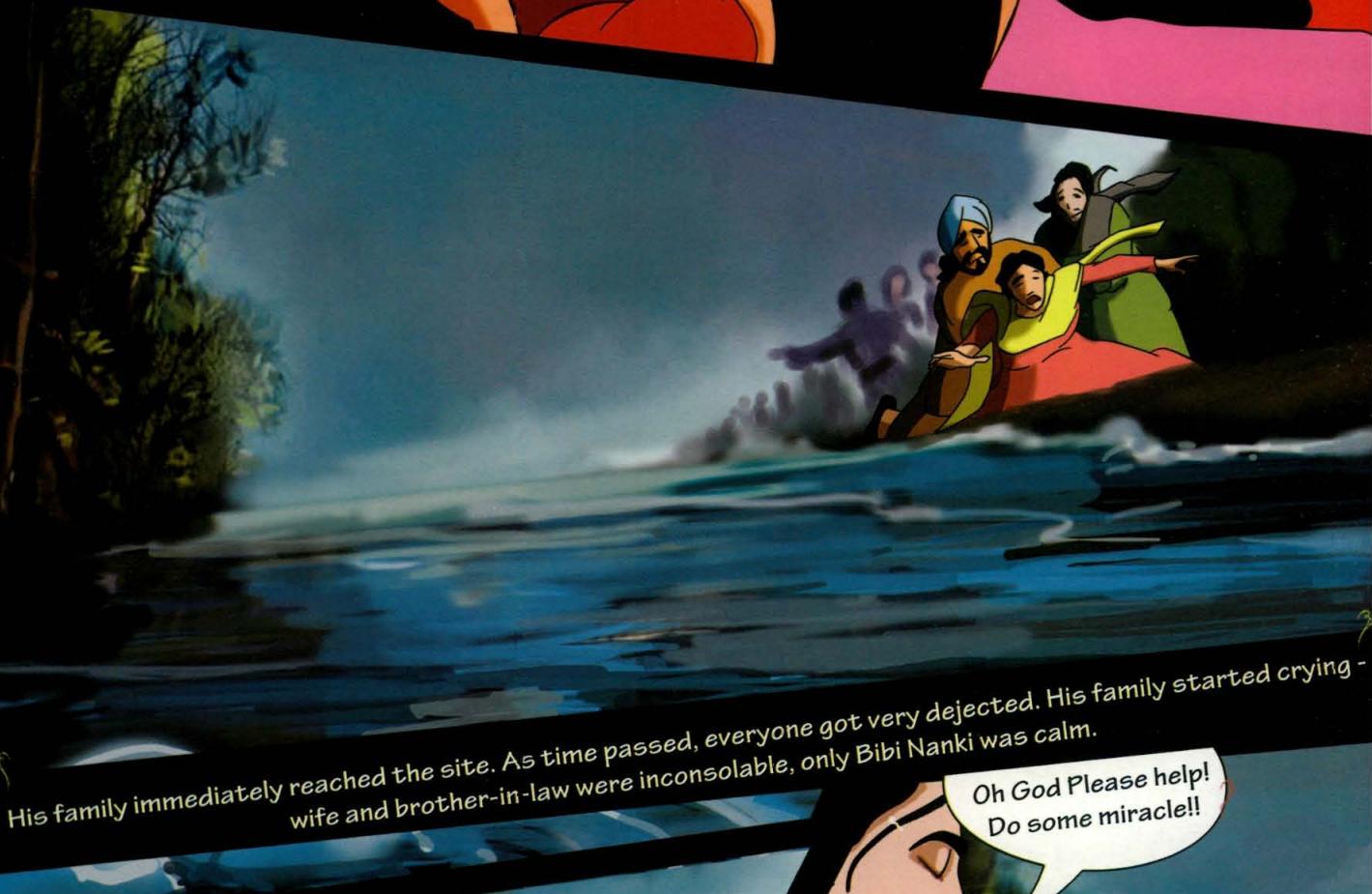
Like every morning, Guru Nanak went to take bath in the Veiyeen river.



But this time, he did not come out of the water. The companion who was taking care of the clothes of Guru Nanak got worried and **plunged** into the river. But he couldn't find him. Passers by were informed. People gathered. There was **panic**. But none had any clue where Guru Nanak was.

The Nawab was informed.

What do you mean
Guru Nanak has drowned in the
river?! Go look for him! GO GO GO
I say! Take everyone with you and
search for him. Send someone to
inform his family.
Go right now!



His family immediately reached the site. As time passed, everyone got very dejected. His family started crying - wife and brother-in-law were inconsolable, only Bibi Nanki was calm.



Some people still kept on maligning Guru Nanak.

He seems to have run away. He must have realized that the store is in losses because of his **benevolent** offerings. So he disappeared to avoid answering the Nawab.

Where have you gone Nanak ji? Please come back. We all love you!!

Nanak...Nanak...
Nanak...Nanak...
Nanak !!!!

Don't cry, have faith



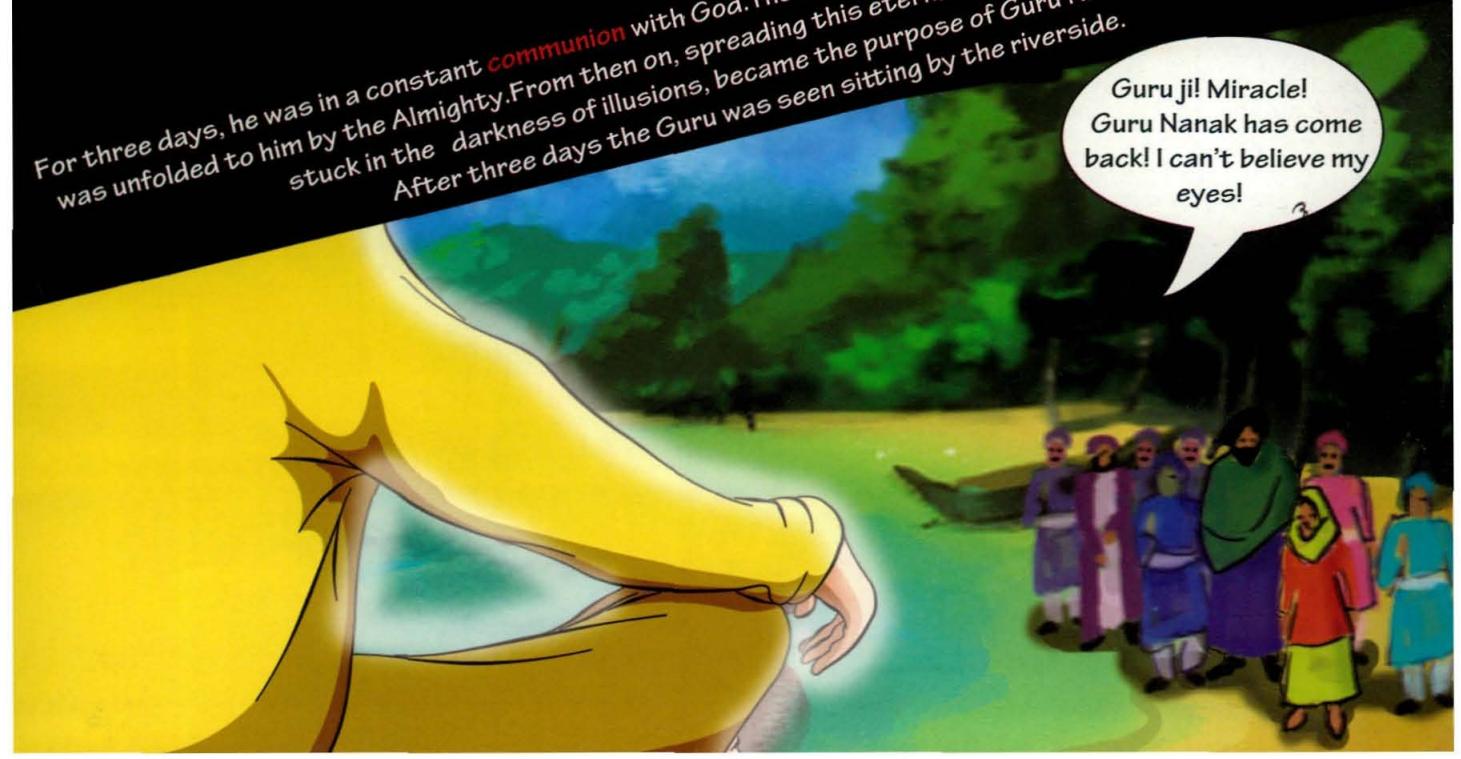
While people were searching frantically for Guru Nanak, he was feeling the enlightening power of the Almighty.



For three days, he was in a constant **communion** with God. The eternal truth about the Creator, the whole creation was unfolded to him by the Almighty. From then on, spreading this eternal truth, and guiding the whole humanity, stuck in the darkness of illusions, became the purpose of Guru Nanak's life.

After three days the Guru was seen sitting by the riverside.

Guru ji! Miracle!
Guru Nanak has come
back! I can't believe my
eyes!

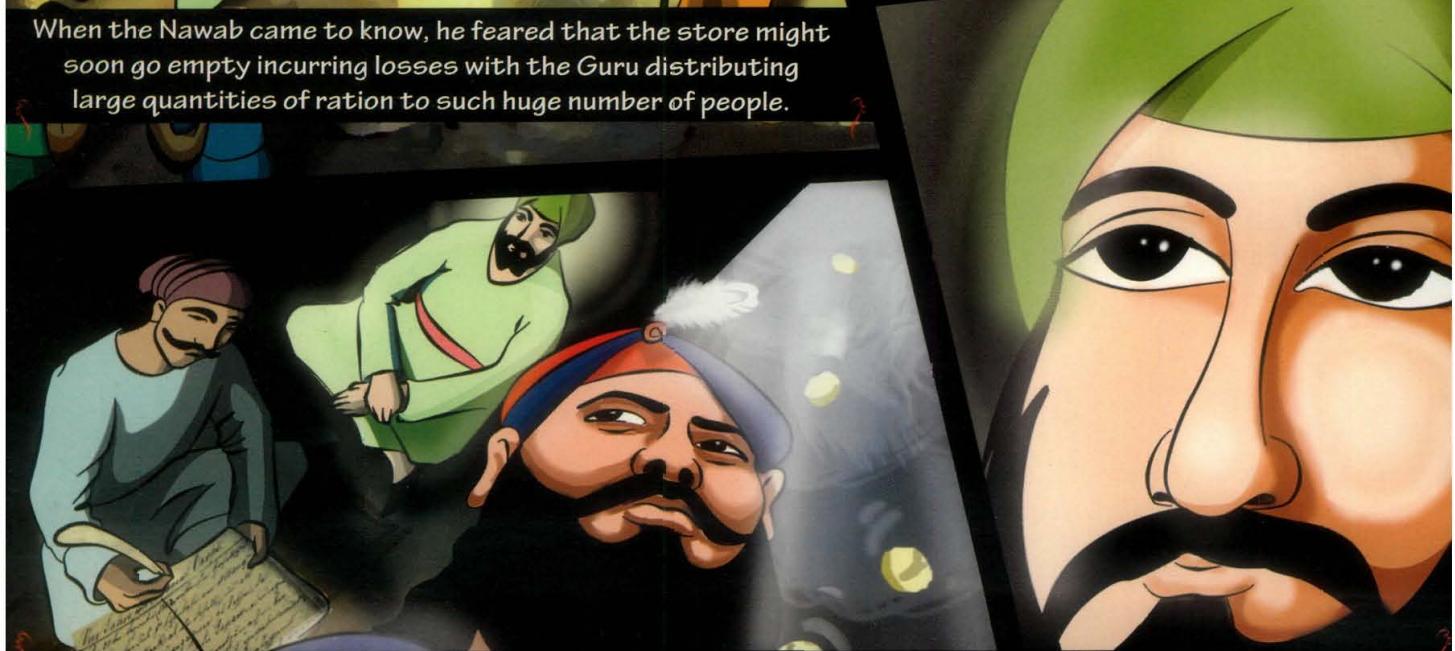


God is one
His Name is the Real Truth.
He is the Creator, He is Fearless.
He hates none, He is Timeless.
Neither He takes birth nor dies.
He is Self-existent.
He can be realized through
enlightener.

When Guru Nanak went to work again, he found that Modi Khana was locked. And large number of well-wishers had been waiting to meet him and take his blessings. He gave away the ration in the benevolent manner to everyone.



When the Nawab came to know, he feared that the store might soon go empty incurring losses with the Guru distributing large quantities of ration to such huge number of people.



Auditing was done yet again. And again, the store was in profit, and the Nawab owed money to Guru Nanak.



Guru Nanak asked for this money to be distributed amongst hermits.



After that he gave up that job of working as a store-keeper.

Guru Nanak became quieter and would spend the entire day at the cremation ground meditating, absorbed in his own thoughts.



Why have you become so quiet dear husband?

I don't know what has happened father. He has become so quiet. Always in deep meditation.

Don't worry! I'll talk to him.

Witnessing this constant **quietude**, his family became worried.

Presuming that Guru Nanak was going through some mental distress, Mool Chand seeks help of Pandit Shyam.

Dear Pandit ji,
namaste.

I need your help.

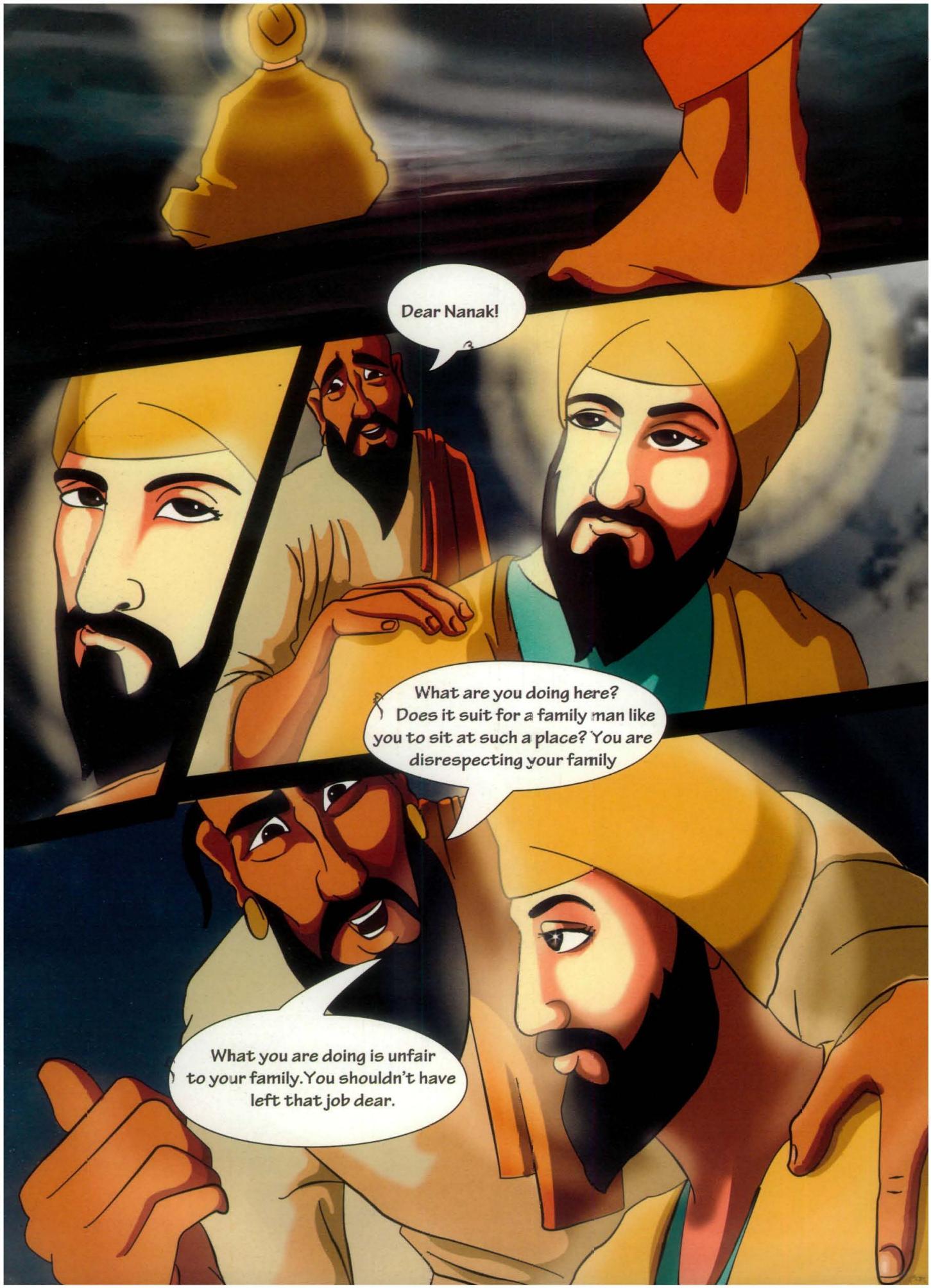
Say Mool Chand,
what bothers you?

I don't know what has
happened to my
son-in-law
Nanak.

He keeps to
himself most of the
time these days. He
has left his job and
now spends his time
meditating.

He has totally
gone mad. He left his
family and listens
to none!!

There he is, meditating
most of the time near
cremation grounds.



Dear Nanak!

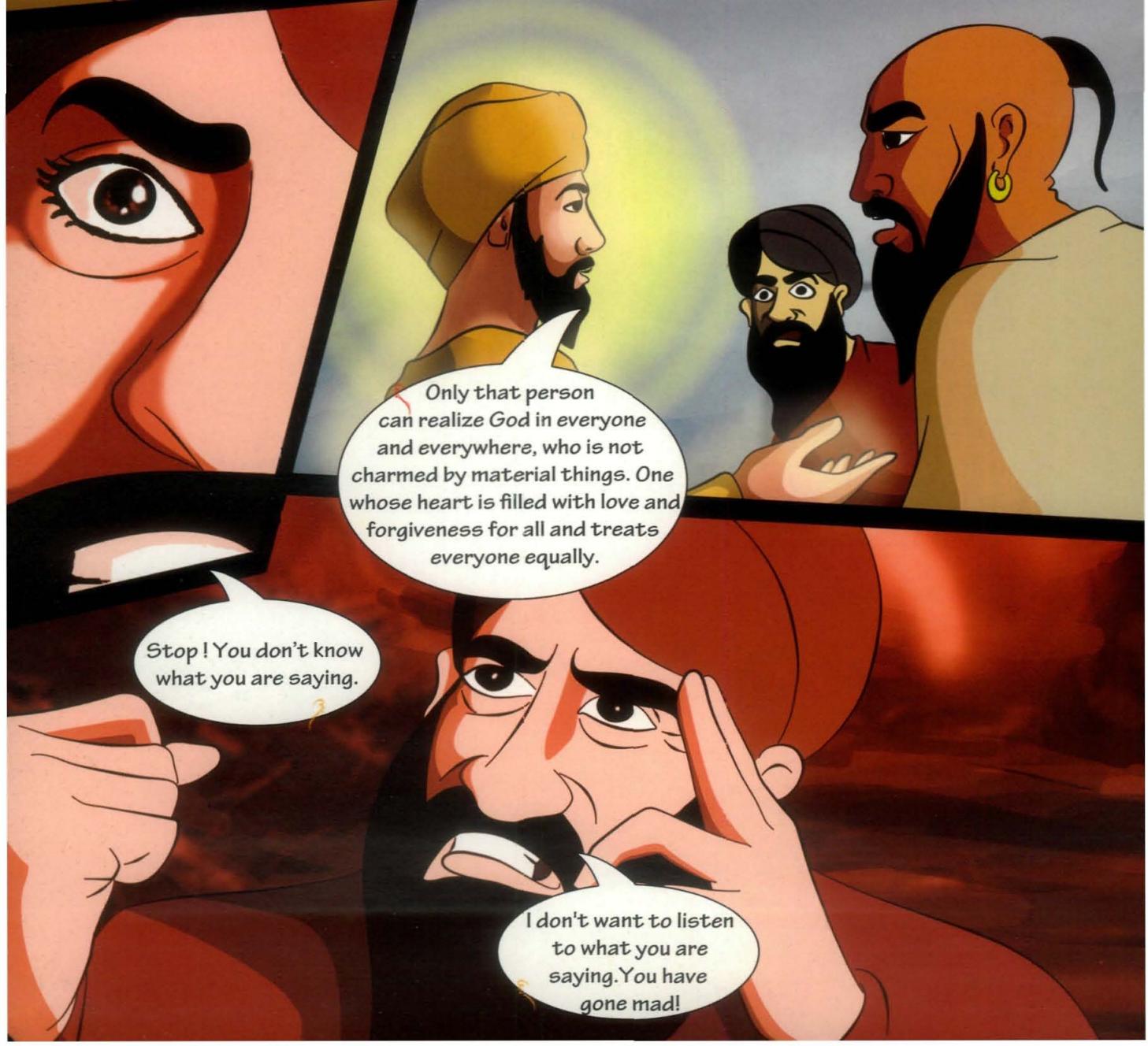
What are you doing here?
Does it suit for a family man like
you to sit at such a place? You are
disrespecting your family

What you are doing is unfair
to your family. You shouldn't have
left that job dear.





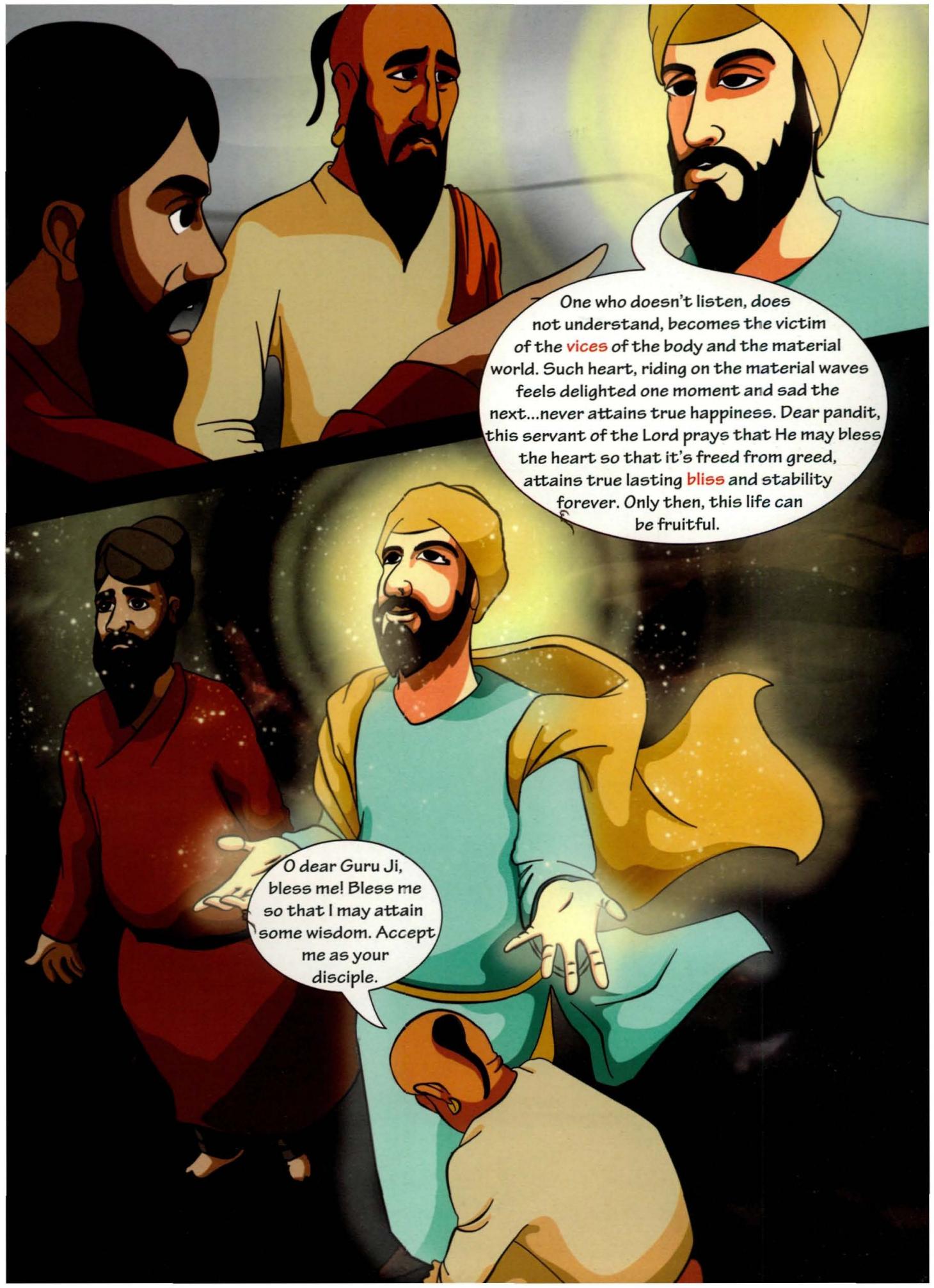
Nanak ji, you must
fulfill your duties.
God is everywhere and in
everyone.



Only that person
can realize God in everyone
and everywhere, who is not
charmed by material things. One
whose heart is filled with love and
forgiveness for all and treats
everyone equally.

Stop ! You don't know
what you are saying.

I don't want to listen
to what you are
saying. You have
gone mad!



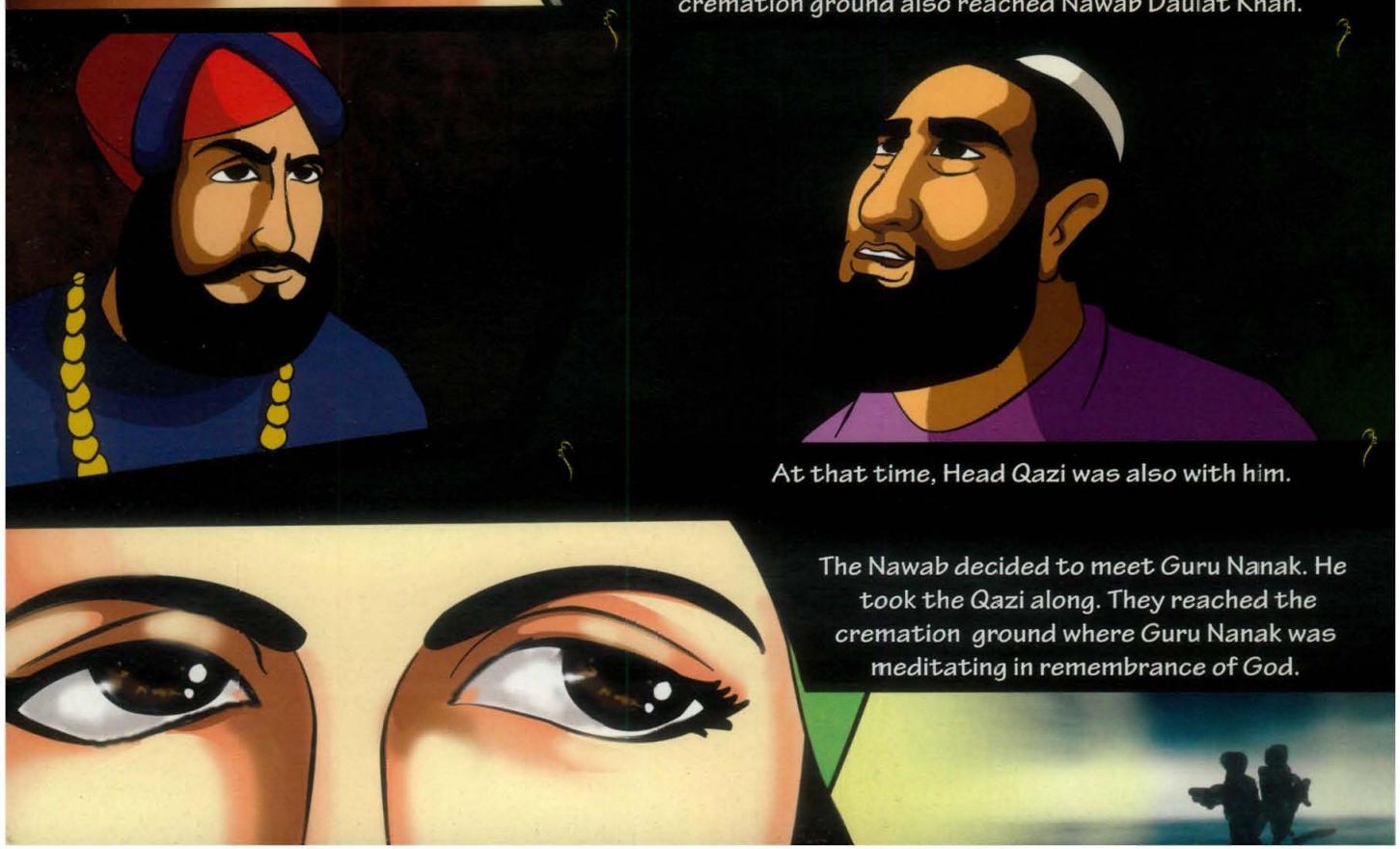
— One who doesn't listen, does not understand, becomes the victim of the **vices** of the body and the material world. Such heart, riding on the material waves feels delighted one moment and sad the next...never attains true happiness. Dear pandit, this servant of the Lord prays that He may bless the heart so that it's freed from greed, attains true lasting **bliss** and stability forever. Only then, this life can be fruitful.

O dear Guru Ji,
bless me! Bless me
so that I may attain
some wisdom. Accept
me as your
disciple.

Three months passed in meditation at the cremation ground. During this period, second son was born to Guru Nanak, who was named Lakhmi Das.



Meditation, contemplation and remembrance of the Almighty God became Guru Nanak's only way of life day and night.



News that Guru Nanak was spending time meditating at the cremation ground also reached Nawab Daulat Khan.



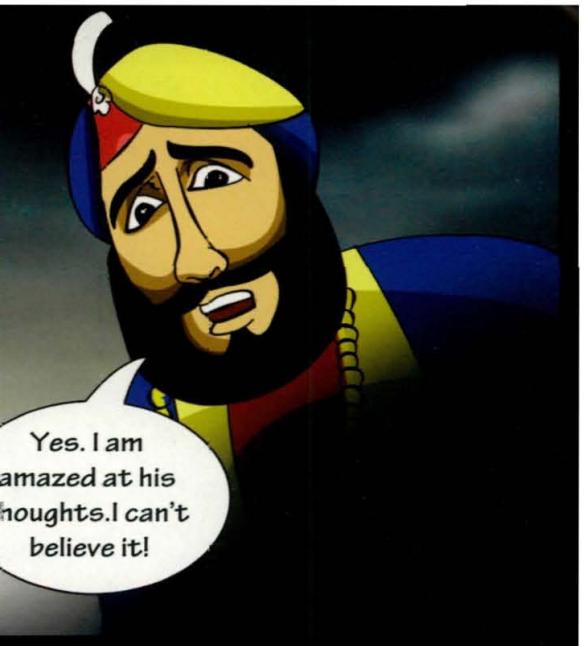
At that time, Head Qazi was also with him.



The Nawab decided to meet Guru Nanak. He took the Qazi along. They reached the cremation ground where Guru Nanak was meditating in remembrance of God.



Do you hear what he is saying?



Yes. I am amazed at his thoughts. I can't believe it!



In this world, nobody's a Hindu, or a Muslim. All are created by one God. The same light that created this whole creation, pervades all creation. In the God's court all will be adjudged according to their deeds.



O Nanak, if you don't feel any difference between Hindu and Muslim, then come with us to the mosque and perform a prayer with us.



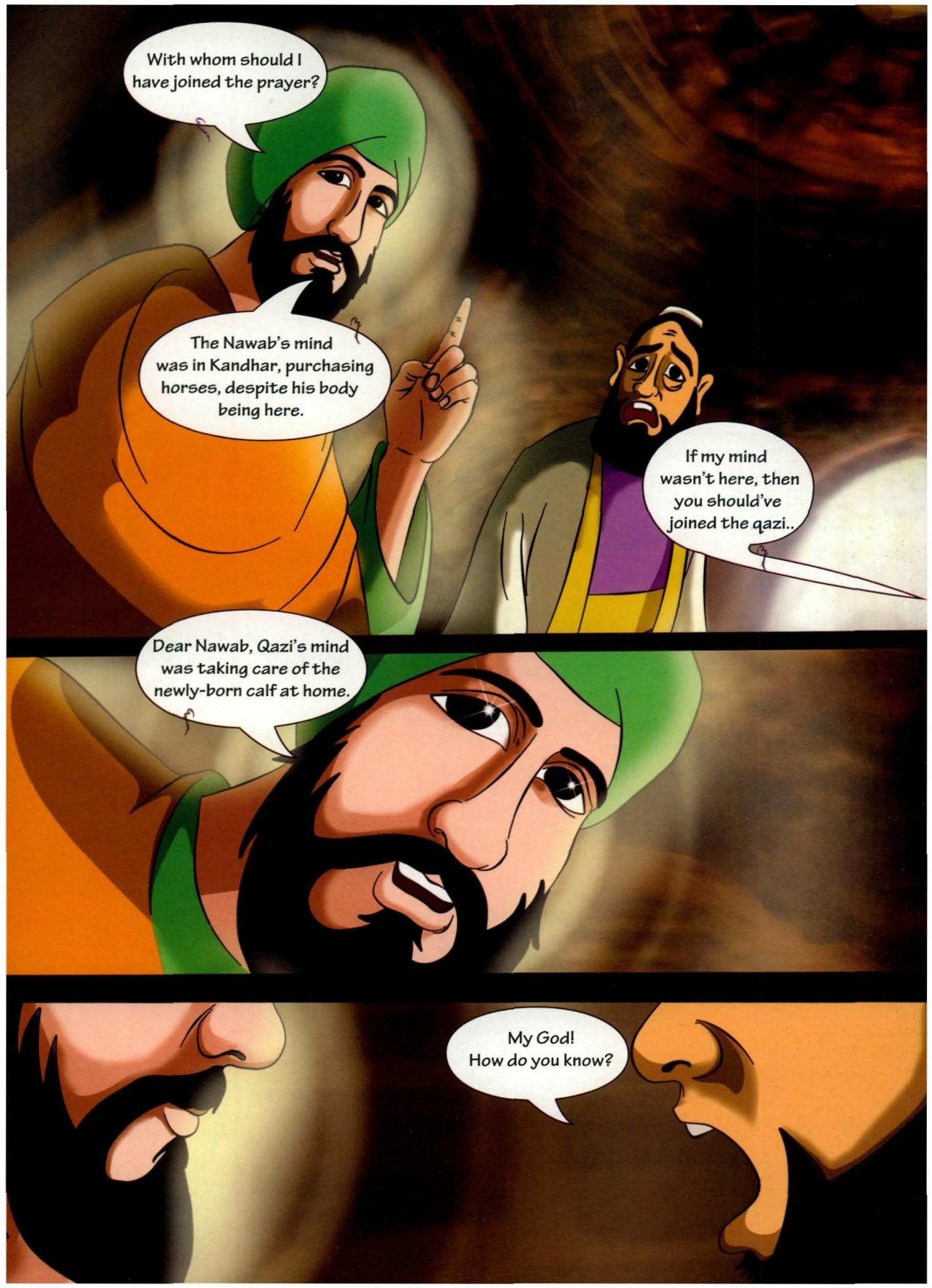
God is one!

On Nawab's request Guru Nanak goes to the mosque to pray.



All the devotees, except Guru Nanak began to pray.





With whom should I have joined the prayer?

The Nawab's mind was in Kandhar, purchasing horses, despite his body being here.

If my mind wasn't here, then you should've joined the qazi..

Dear Nawab, Qazi's mind was taking care of the newly-born calf at home.

My God!
How do you know?



Nawab sahab,

Nanak ji is telling the truth.
My mare has given birth to a calf
this morning. While praying, my mind
was distracted and I was worried
that it might fall into the ditch.

Dear Nawab and
Qazi, who should I
have joined for the
prayer?

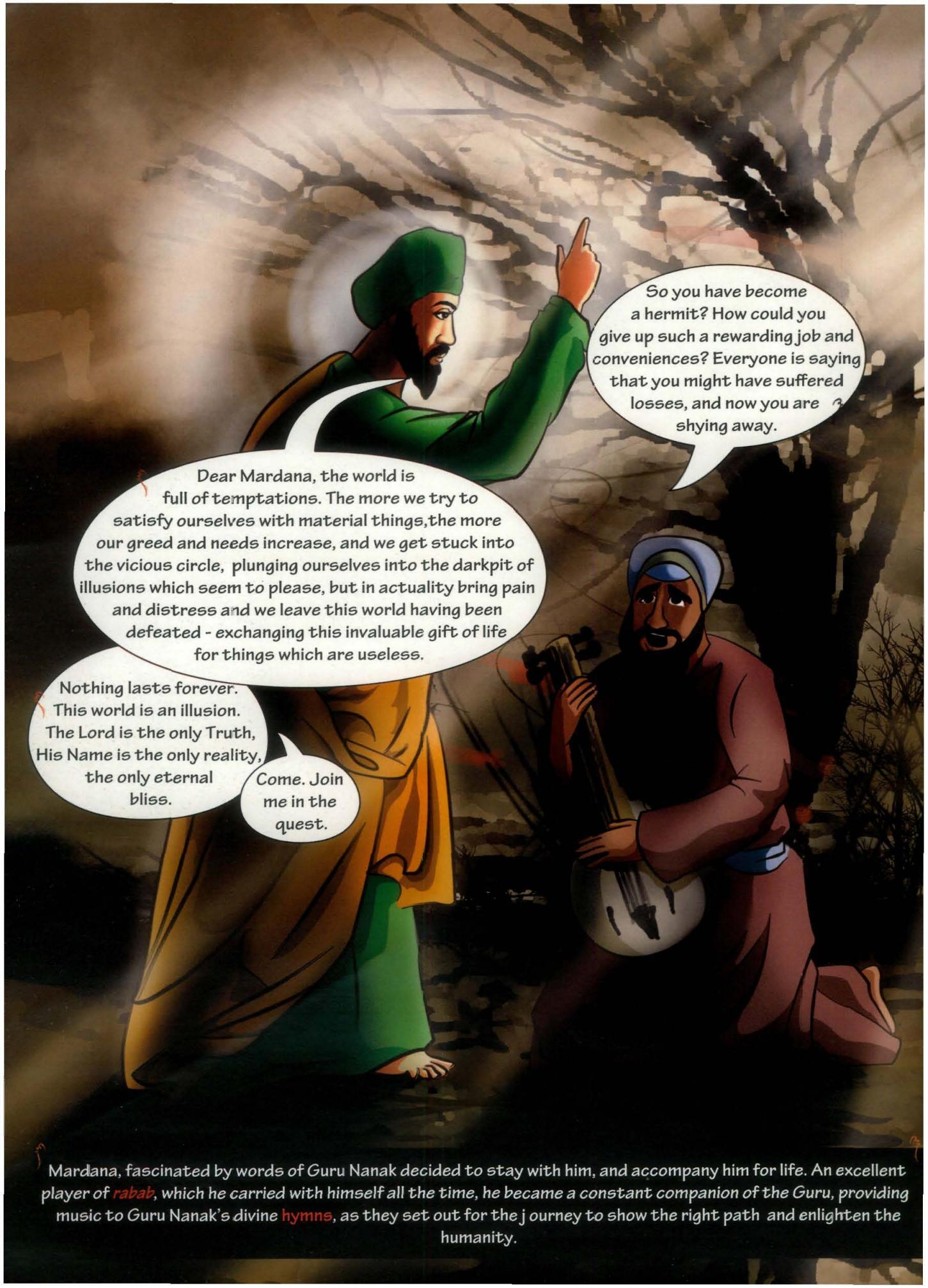
Dear Qazi, only that
prayer is accepted by the Lord
which is performed with complete
concentration of mind and body.

Prayer without our mind fully
concentrated on the Almighty
Lord is **self-deception**.

Pray to the Lord
so that He gives this
highest gift, the most
sublime nectar of his
remembrance and prayer,
the True Love for him.

During this period, Mool Chand and Chando Rani, came to take their daughter home with them.





Glossary

Aegis: Protection , support or backing from particular person or organization

Alms: Money or food given to poor people

Aloof: Staying away and disinterested

Benevolent: Kind

Bhen Ji: Bhen in Hindi means sister , Ji is mark of respect . In Indian tradition younger women are referred as Bhen Ji while elder one are referred as Mata Ji

Bliss: Perfect happiness or great joy.

Budging: Making slightest shift or movement

Communion: Exchanging or sharing of intimate thoughts and feelings at mental or spiritual level.

Congregation: Gathering of group of people for religious worship

Contemplation: Thinking deeply and profoundly

Darshan: Darshan is a Sanskrit and Hindu (also used to some extent in Urdu) term meaning sight (in the sense of an instance of seeing something or somebody), vision, apparition, or a glimpse

Dawn: First appearance of light in the sky before sunrise

Devotee: A person who is very interested about someone or something and respects and follows that person

Divine: Divine refers to something which is holy or supernatural

Emancipate: Set free from religious ,social or political restrictions

Enlightened Soul: It refers to people who are at the stage where they are free from vices and are aware of God and the reality that only He is eternal rest everything vanishes.

Frantically: Wild with fear , anxiety

Greed: Intense and selfish desire for something

Hillock: Small hill or mound

Hymns: Special song or poem typically in the praise of GOD

Kirtan: Sing praises of God

Lust: Passionate desire for something

Materialistic things: Materialism is a concept where person considers physical comfort to be more important than spiritual values . Things like cars , watches or property are said to be materialistic things which make people greedy and make them obsessive for the possession rather than utility. Materialistic person considers these things more important than anything else in life and make them forget moral values in life

Meditation: Meditation is a holistic discipline by which the practitioner attempts to get beyond the reflexive, "thinking" mind into a deeper state of relaxation or awareness. Meditation is a component of many religions, and has been practiced since antiquity. It is also practiced outside religious traditions

Mosque: A mosque is a place of worship for followers of Islam. Muslims often refer to the mosque by its Arabic name, masjid

Namaste: Namaste is a common spoken greeting or salutation used in India. It has multi-religious or common usage where it may simply mean "I bow to you". The word is derived from Sanskrit "namas" to bow, obeisance, and "te" to you. When spoken to another person, it is commonly accompanied by a slight bow made with hands pressed together, palms touching and fingers pointed upwards, in front of the chest. This gesture is used to greet someone respectfully.

But Sikhs greet each other by saying "Sat Shri Akal". Sat Shri Akal means "God is the supreme truth". They remember God every time they meet or greet each other by saying Sat Shri Akal. Sikhs also greet each other by saying "Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh". This greeting means 'Khalsa belongs to God and victory belongs to God'. Every service performed in Sikhism is focused on remembering God and being in contact with Him. Greeting is a part of it

Ordinance: An authoritative order.

Pandit Ji: Pandit refers to a Hindu, almost always a Brahmin, who has memorized a substantial portion of the Vedas, along with the corresponding rhythms and melodies for chanting or singing them. Whereas "JI" is used as suffix with a name as mark of respect to that person

Panic: Sudden uncontrollable fear or anxiety

Philanthropic: Seeking to promote others welfare especially by donating money or material

Plunged: Jump or dive quickly

Quietude: a state of stillness or calmness in a person or a place.

Rabab: Its a medieval stringed musical instrument. Its called Rebec or Rebeck in English

Self-deception: The action or practice of allowing oneself to believe that false idea or situation is true

Solemnized: duly perform, mark with formal ceremony

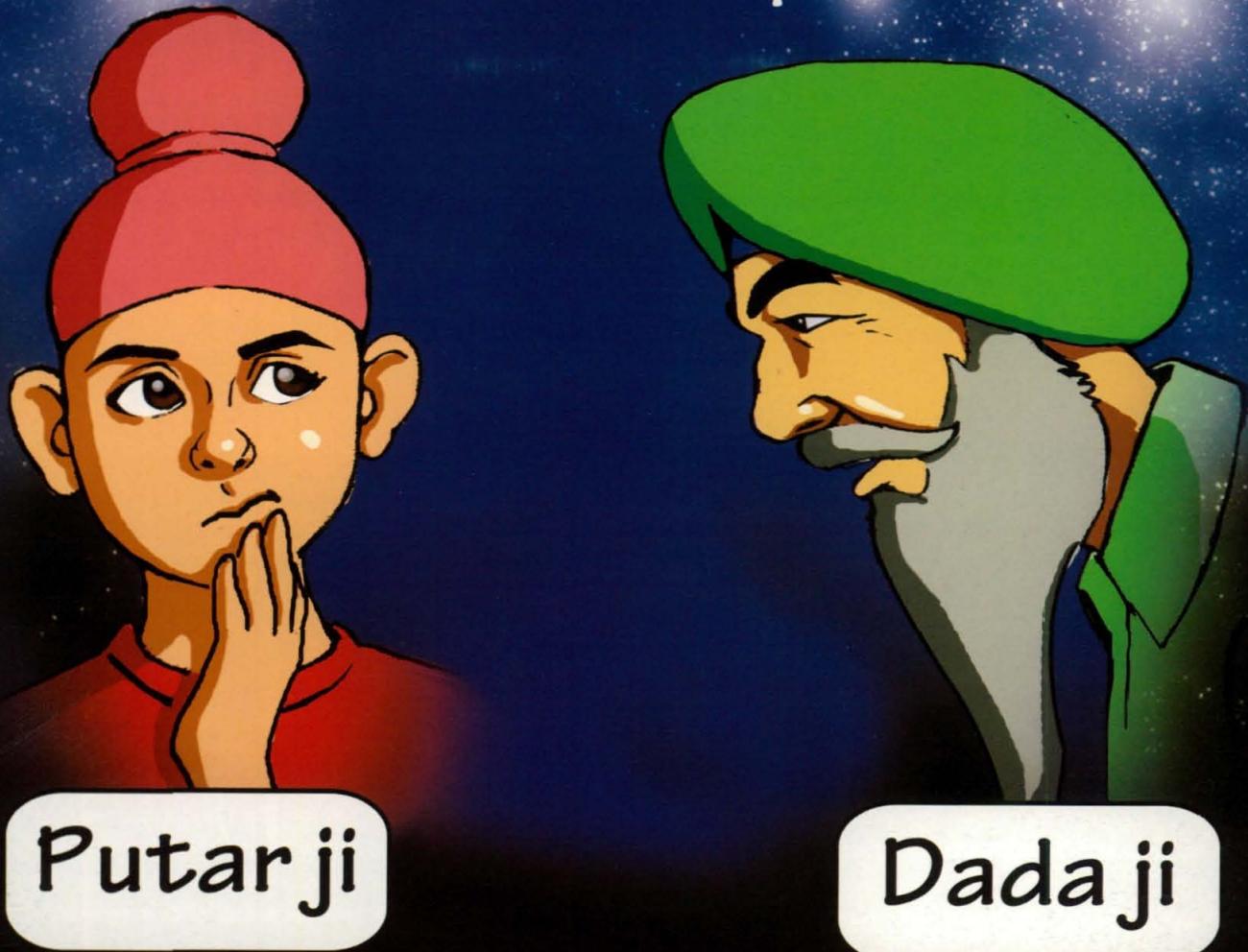
Squander: Waste in reckless or foolish manner

Utmost: Greatest, Most extreme

Veer Ji: Veer Ji is a Hindi term where Veer literally mean brave but it is used to address one's brother or brother like

Vices: Vice means wicked or immoral behaviour. According to Sikhism there are five vices namely KAAM (LUST), KROD (WRATH), LOBH (GREED), MOH (ATTACHMENT), AHANKAR (PRIDE). Only by reciting path (reading Gurbani) and good deeds one can overcome these vices.

Why should we recite paath daily?



Putar ji

Dada ji

Dada ji: Putar ji, you forgot to recite paath today. You must recite daily.

Putarji: But Dada ji what is the purpose of reciting over and over if you don't understand it?

Dada ji: Putar ji, our Gurus directed us to remember God always. It is one of the three basic principles of Sikhism

Naam Japna – to recite his Name

Kirt Karna – to earn livelihood by honest means

Vand Shakhna – and to share your wealth with the community

Like you have a curriculum in your school, in Sikhism we have our specified course called Nitnem. Nitnem (literally "Daily Naam") is a collaboration of different banis that were designated to be read by sikhs every day. The Nitnem bani's include:-

Japji Sahib
Jaap Sahib
Tav-Prasad Savaiye
Benti Chaupai
Anand Sahib
Rehras Sahib (evening)
Kirtan Sohila (night)

The 5 morning Banis namely Japji Sahib , Jaap Sahib Tav-Prasad Savaiye, Benti Chaupai and Anand Sahib are usually recited in the early morning while Rehras is read in the evening and Kirtan Sohila is recited just before going to sleep at night. By reciting Bani we move closer to God and reality. It guides us to what path to follow in life and motivates us to cross all hurdles which come along our way.

Putarji: But, what purpose will it solve when I don't get the meanings?

Dada ji: Yes, the real purpose of reciting paath is to understand the meanings and apply it in our life. But there are so many things which we don't understand initially, but as we persistently follow we begin to learn. Much like a jigsaw puzzle, we only see scattered pieces in the beginning but we make a start by picking the corner pieces and start connecting other pieces. As we keep trying and connect few pieces, picture becomes clear and we begin to solve it and enjoy our task as we reach near completion. Similarly, reciting paath is the first step. As we make it a routine we slowly will inquire the meanings and begin to grasp them.

Putarji: So , if I learn the meanings I don't have to recite anymore since the purpose is solved?

Dada ji: It is very easy to find books describing the literal meanings of Bani. But Putarji what is difficult is to practice your learning in life, For instance when you start playing a game, lets say basketball you know all you have to do is dribble and put the ball through net , Your coach can tell you the technique but how will you learn that technique ?

Putarji: Ofcourse, by practicing !

Dada ji: Similarly you may know the meanings but still you have to recite paath daily to learn how to apply it in your life. For instance, we all know anger is bad for health, its mentioned in Gurbani, doctors tell us and so does our experience but how many of us can control despite knowing? Its through practice we learn to control it. Besides , there are so many evil temptations in the journey of life that it becomes important to remind us daily much like your favorite game basketball even when you have learned the techniques and skills still you practice to keep improving and stay in best shape. Besides there are numerous benefits of reciting paath daily such as :- Paath is in poetic form and one enjoys reciting it .

In our stressful lives it is important to calm down and relax our minds. Reciting paath cools off our nerves and help us de stress.

Paath gives us self confidence and provides great source of energy and inspiration to cross every hurdle in life. Reciting paath daily also increases our concentration level and it will definitely help students in their studies.

Once you begin to grasp the meanings I can assure you it will become necessity of your life and you will enjoy this exercise more than anything.

Also Putarji you must remember that paath should be recited properly then only you will enjoy and understand. For doing it properly just remember few things :-

Recite slowly

Pronounce properly as the meaning changes with wrong pronunciation

Try to understand the meanings

Recite smilingly , enjoy the task as gift from your lord

Putarji - Thank you Dada ji . I must do paath daily from now !!!!

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